



Tres Leches 'Three Milks



Vegetarian

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READY IN

ready

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45 min.

SERVINGS

servings

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12

CALORIES

calories

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291 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 egg whites
- ☐ 5 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 cup milk
- ☐ 1 cup self-rising flour
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

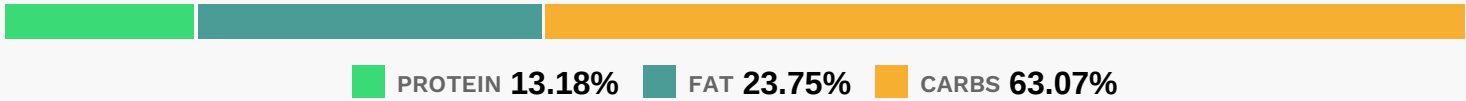
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Grease and flour a 8 x 12 inch pan. Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Separate 5 eggs, and beat the egg whites in a large mixing bowl.
- ☐ Add 1 cup sugar slowly to the egg whites, beating constantly.
- ☐ Add the yolks one by one, beating well after each addition. Stir in the 1 teaspoon vanilla. Sift the flour, and stir it into the egg mixture.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake the cake for 20 minutes, or until done. Cool.
- ☐ Blend the sweetened condensed milk, evaporated milk, milk, and 1 tablespoon vanilla.
- ☐ Pour this syrup over the cooled cake.
- ☐ To make Meringue Frosting: Beat 3 egg whites to soft peaks. Gradually add 1 cup sugar, and beat until stiff peaks form. Stir in 1 teaspoon vanilla. Frost the cake.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:27.87, Inflammation Score:-2, Nutrition Score:7.2673913655074%

Nutrients (% of daily need)

Calories: 291.14kcal (14.56%), Fat: 7.75g (11.92%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 46.04g (16.74%), Sugar: 38.77g (43.08%), Cholesterol: 90.46mg (30.15%), Sodium: 119.96mg (5.22%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 9.67g (19.34%), Selenium: 17.33µg (24.75%), Vitamin B2: 0.39mg (22.68%), Phosphorus: 211.79mg (21.18%), Calcium: 208.68mg (20.87%), Vitamin B5: 0.85mg (8.54%), Potassium: 291.57mg (8.33%), Vitamin B12: 0.47µg (7.88%), Zinc: 0.95mg (6.34%), Magnesium: 23.81mg (5.95%), Vitamin A: 291.13IU (5.82%), Vitamin B1: 0.07mg (4.74%), Manganese: 0.09mg (4.72%), Folate: 18.36µg (4.59%),

Vitamin D: 0.69µg (4.57%), Vitamin B6: 0.08mg (3.98%), Iron: 0.55mg (3.05%), Vitamin E: 0.34mg (2.3%), Copper: 0.05mg (2.26%), Vitamin C: 1.42mg (1.72%), Vitamin B3: 0.28mg (1.38%)