



White Lily Celebration Coconut Cake — Small

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 6 ounces enriched bleached all purpose flour white lily®
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup more coconut sweetened flaked for garnish.
- ☐ 2 large eggs room temperature
- ☐ 0.8 cup heavy cream
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.8 cup sugar
- ☐ 1 cup coconut or sweetened loosely packed flaked

- ☐ 4 oz butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup milk whole room temperature

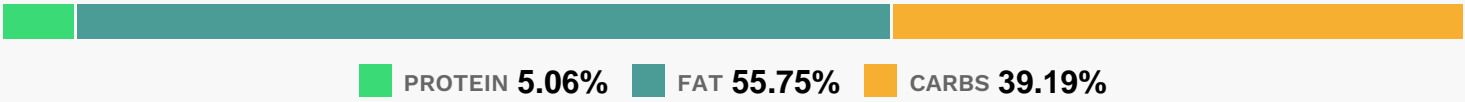
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350° F. Spray two 8 inch round metal pans with flour-added cooking spray.
- ☐ Mix the flour, baking powder and salt together in a bowl and set aside. Beat the butter with an electric mixer on medium until light and fluffy. Gradually add sugar, continue mixing until very light.
- ☐ Add eggs, one at a time, beating one minute after each addition. Stir 1/3 of flour mixture into egg mixture until blended. Stir in 1/4 cup of milk until blended and repeat, ending with the remaining flour. Stir in vanilla extract. Divide batter evenly among pans.
- ☐ Bake 20 to 25 minutes (mine took the full 25), or until toothpick inserted in the center comes out clean. Cool on wire rack 10 minutes before removing from pans. Cool completely. Filling: Stir sugar, sour cream and 1 cup of coconut together.
- ☐ Spread some of this mixture on the cake, leaving behind about a cup – I just eyeballed it. Frosting: Fold the reserved cup (or so) of sour cream mixture into the whipped cream.
- ☐ Spread all over the cake and put it in the refrigerator.
- ☐ Lay the remaining coconut on a foil lined baking sheet and bake at 350 for about 6 minutes or until edges are browned. Toss it all together so that the coconut is tan and white.
- ☐ Let it cool, then slap it all over the cake. Chill the cake for at least one hour or until ready to use.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:25.22, Inflammation Score:-5, Nutrition Score:8.0239130647286%

Nutrients (% of daily need)

Calories: 456.94kcal (22.85%), Fat: 28.75g (44.23%), Saturated Fat: 18.78g (117.38%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 43.31g (15.75%), Sugar: 26.63g (29.59%), Cholesterol: 112.5mg (37.5%), Sodium: 134.66mg (5.85%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.88g (11.75%), Selenium: 15.36µg (21.94%), Vitamin A: 863.98IU (17.28%), Vitamin B2: 0.26mg (15.33%), Manganese: 0.31mg (15.31%), Vitamin B1: 0.19mg (12.73%), Folate: 47.44µg (11.86%), Phosphorus: 117.31mg (11.73%), Calcium: 92.97mg (9.3%), Fiber: 2.15g (8.61%), Iron: 1.55mg (8.59%), Vitamin B3: 1.43mg (7.14%), Vitamin D: 0.99µg (6.58%), Vitamin E: 0.74mg (4.94%), Magnesium: 19.61mg (4.9%), Vitamin B5: 0.48mg (4.85%), Copper: 0.1mg (4.79%), Vitamin B12: 0.28µg (4.73%), Potassium: 164.19mg (4.69%), Zinc: 0.6mg (4.01%), Vitamin B6: 0.06mg (2.95%), Vitamin K: 2.07µg (1.97%)