

Glazed Orange Coconut Cake

Sasha Martin - Global Table Adventure
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Servings: 20

CAKE

2 1/2 cups all-purpose flour
1 1/2 cups granulated sugar
3/4 cup unsweetened coconut, finely shredded
2 teaspoons baking powder
2 teaspoons baking soda
1/2 teaspoon salt
1 cup coconut milk
1/2 cup vegetable oil
2 eggs
1 teaspoon vanilla
1 cup (4 to 5 oranges) fresh orange juice

1 tablespoon finely grated orange rind

ORANGE GLAZE and

GARNISH

2 cups powdered sugar
1/4 cup (1 orange) fresh orange juice
toasted coconut chips (optional)

Preheat the oven to 350 degrees.

Grease and flour a bundt pan.

In a bowl, combine the flour, sugar, coconut, baking powder, baking soda and salt.

In a separate bowl, combine the coconut milk, oil, eggs, vanilla, orange juice and rind. Pour into the dry ingredients and mix until smooth. Pour into the prepared pan.

Bake for 35 to 40 minutes until a toothpick inserted in the center comes out clean. Let cool completely before removing from the pan.

To prepare the glaze: Whisk together the powdered sugar and orange juice. If there are little lumps, let the glaze sit for 30 minutes, until they dissolve.

Pour the glaze over the completely cooled cake. Sprinkle coconut chips on top, if using.

Per Serving (excluding unknown items): 253 Calories; 9g Fat (31.5% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 237mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	253	Vitamin B6 (mg):	trace
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% Calories from Fat:	31.5%
% Calories from Carbohydrates:	64.4%
% Calories from Protein:	4.1%
Total Fat (g):	9g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	21mg
Carbohydrate (g):	41g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	237mg
Potassium (mg):	87mg
Calcium (mg):	36mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	55IU
Vitamin A (r.e.):	10RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	37mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 253 Calories from Fat: 80

% Daily Values*

Total Fat 9g	14%
Saturated Fat 3g	17%
Cholesterol 21mg	7%
Sodium 237mg	10%
Total Carbohydrates 41g	14%
Dietary Fiber 1g	3%
Protein 3g	
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Vitamin A	1%
Vitamin C	13%
Calcium	4%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.