Tres leches cake is a popular dessert throughout Latin America and is thought to have originated in Nicaragua. The cake is a standard sponge cake soaked in a mix of whole, condensed and evaporated milks, then topped with whipped cream.

**KEY:**
- **Carbon**
- **O Oxygen**
- **Hydrogen**

**Lactose**
Main sugar in milk

<table>
<thead>
<tr>
<th>Whole milk</th>
<th>Evaporated milk</th>
<th>Condensed milk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4.6 g sugars per 100 g</strong></td>
<td><strong>10.3 g sugars per 100 g</strong></td>
<td><strong>55.5 g sugars per 100 g</strong></td>
</tr>
</tbody>
</table>

Lactose, the main sugar, is a disaccharide of galactose and glucose. Evaporated milk is milk with approximately 60% of the water removed. Condensed milk is milk with 60% of the water removed and with added sucrose.