

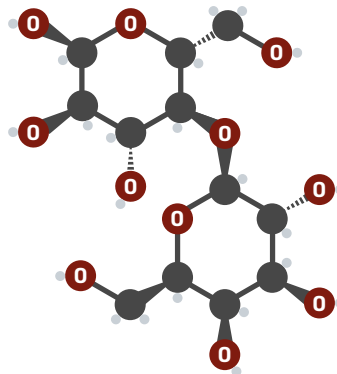


Nicaragua: Tres leches cake

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 ● Oxygen ● Hydrogen



Lactose

Main sugar
in milk

Whole milk

4.6 g sugars per 100 g

Lactose, the main sugar, is a disaccharide of galactose and glucose.

Evaporated milk

10.3 g sugars per 100 g

Evaporated milk is milk with approximately 60% of the water removed.

Condensed milk

55.5 g sugars per 100 g

Condensed milk is milk with 60% of the water removed and with added sucrose.