



Bo's Best White German Chocolate Cake

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



648 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter
- 1.3 cups buttermilk
- 4 egg yolks
- 5 eggs separated
- 12 fluid ounce evaporated milk canned
- 3 cups flour all-purpose
- 1.5 cups pecans chopped

- 0.5 teaspoon salt
- 7 ounce coconut or sweetened flaked
- 1.5 teaspoons vanilla extract
- 5 ounce chocolate white chopped
- 1.5 cups sugar white

Equipment

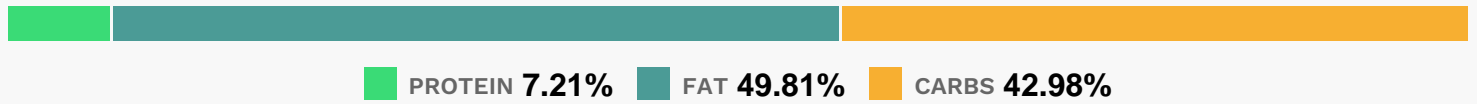
- bowl
- sauce pan
- oven
- whisk
- wire rack
- baking pan
- toothpicks
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 9-inch baking pans.
- Mix flour, baking powder, and salt together in a bowl.
- Place white chocolate in a microwave-safe bowl; cook in microwave on high until melted, stirring between 30 second intervals, until smooth.
- Beat 1 1/4 cup butter and 2 1/4 cups sugar together in a large bowl until light and fluffy. Beat in 5 egg yolks, one at a time, until incorporated. Stir in melted white chocolate and 1 teaspoon vanilla extract until evenly mixed. Beat flour mixture into butter-white chocolate mixture, alternating with buttermilk, until just mixed.
- Beat the 5 egg whites in a separate bowl until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape. Fold egg whites into the cake batter. Divide batter among the three prepared baking pans.
- Bake in the preheated oven until a toothpick inserted in the center of each cake comes out clean, 35 to 40 minutes. Cool cakes in pans for 10 minutes before transferring to wire rack to cool completely.

- Whisk 4 egg yolks, evaporated milk, and 1 1/2 teaspoons vanilla extract in a large saucepan until well blended.
- Add 1 1/2 cup white sugar and 3/4 cup butter; cook over medium heat until thickened and golden brown, stirring constantly, about 12 minutes.
- Remove from heat. Stir coconut and pecans into frosting mixture. Cool to room temperature.
- Place one cake on a serving plate.
- Spread a layer of coconut frosting on top of cake.
- Place second cake on top of frosting layer; spread with a layer of coconut frosting.
- Place last cake on top; frost top and sides of cake with remaining frosting.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:40.11, Inflammation Score:-6, Nutrition Score:15.302608705085%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 647.52kcal (32.38%), Fat: 36.52g (56.19%), Saturated Fat: 17.82g (111.37%), Carbohydrates: 70.9g (23.63%), Net Carbohydrates: 67.09g (24.4%), Sugar: 42.99g (47.77%), Cholesterol: 177.31mg (59.1%), Sodium: 368.64mg (16.03%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 11.89g (23.78%), Manganese: 1mg (49.97%), Selenium: 25.19µg (35.99%), Vitamin B2: 0.47mg (27.64%), Phosphorus: 260.53mg (26.05%), Vitamin B1: 0.39mg (25.96%), Folate: 82.93µg (20.73%), Calcium: 186.84mg (18.68%), Fiber: 3.81g (15.25%), Iron: 2.67mg (14.86%), Copper: 0.3mg (14.77%), Vitamin A: 663.16IU (13.26%), Zinc: 1.75mg (11.69%), Vitamin B3: 2.31mg (11.55%), Magnesium: 45.75mg (11.44%), Vitamin B5: 1.11mg (11.09%), Potassium: 342.7mg (9.79%), Vitamin B12: 0.53µg (8.88%), Vitamin E: 1.06mg (7.09%), Vitamin D: 1.05µg (6.97%), Vitamin B6: 0.13mg (6.52%), Vitamin K: 2.99µg (2.85%)