



Chocolate Chip Oatmeal Cake

READY IN



190 min.

SERVINGS



16

CALORIES



446 kcal

DESSERT

Ingredients

- 1.3 cups oats
- 1.5 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup butter softened
- 1 cup brown sugar packed
- 0.8 cup granulated sugar
- 3 eggs

- 1 teaspoon vanilla
- 0.7 cup brown sugar packed
- 0.5 cup butter softened
- 0.3 cup whipping cream
- 1 cup coconut or shredded
- 1 cup pecans chopped
- 1 cup semi chocolate chips

Equipment

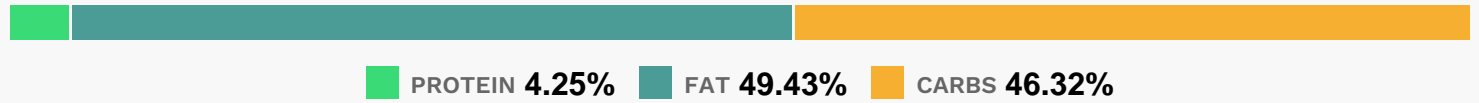
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- In small bowl, mix oats and 1 1/4 cups boiling water; let stand 20 minutes. In another bowl, mix flour, baking soda, baking powder and salt.
- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray; lightly flour. In large bowl, beat 1/2 cup butter, 1 cup brown sugar and the granulated sugar with electric mixer on medium speed until creamy. Beat in eggs and vanilla. On low speed, beat in flour mixture just until blended. Beat in oatmeal.
- Pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean.
- Set oven control to broil. In medium bowl, beat 2/3 cup brown sugar and 1/2 cup butter with electric mixer on medium speed until creamy.
- Add whipping cream; beat on medium speed until smooth. Stir in coconut, pecans and chocolate chips.

Spread topping on cake. Broil with top of pan about 6 inches from heat 1 minute or just until bubbly and light golden brown. Cool completely in pan on cooling rack, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:15.53, Inflammation Score:-5, Nutrition Score:8.80217383478%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 446.2kcal (22.31%), Fat: 25.1g (38.62%), Saturated Fat: 12.88g (80.49%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 50.01g (18.18%), Sugar: 36.6g (40.66%), Cholesterol: 66.07mg (22.02%), Sodium: 267.35mg (11.62%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 9.68mg (3.22%), Protein: 4.85g (9.7%), Manganese: 0.9mg (45.05%), Selenium: 10.95µg (15.65%), Copper: 0.3mg (15.11%), Magnesium: 52.99mg (13.25%), Vitamin B1: 0.18mg (12.19%), Phosphorus: 121.01mg (12.1%), Iron: 2.18mg (12.09%), Fiber: 2.92g (11.66%), Vitamin A: 463.2IU (9.26%), Vitamin B2: 0.13mg (7.79%), Folate: 30.95µg (7.74%), Zinc: 1.08mg (7.22%), Potassium: 194.13mg (5.55%), Calcium: 54.19mg (5.42%), Vitamin B3: 0.99mg (4.93%), Vitamin E: 0.68mg (4.5%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.06mg (2.88%), Vitamin K: 2.43µg (2.32%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.22µg (1.5%)