

Chocolate Coconut Cake

READY IN



45 min.

SERVINGS



20

CALORIES



452 kcal

DESSERT

Ingredients

- 1 cup almonds chopped
- 0.5 cup butter cubed
- 14 ounces coconut or
- 1 cup evaporated milk
- 1 package chocolate cake mix with pudding (regular size)
- 24 large marshmallows
- 1 cup milk
- 12 ounces semi chocolate chips
- 1.5 cups sugar

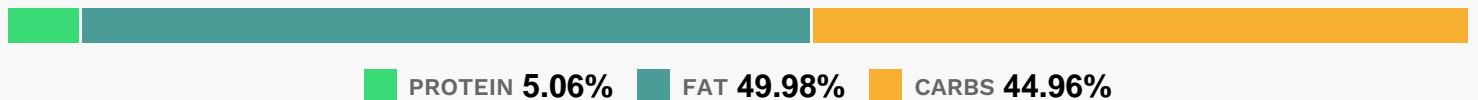
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Prepare cake according to package directions. Grease two 13-in. x 9-in. baking pans. Line bottom and sides of one pan with waxed paper; spray with cooking spray. Divide batter among pans.
- Bake at 350° for 15–20 minutes. Cool.
- In a large saucepan, bring sugar and milk to a boil. Reduce heat to medium and stir in marshmallows until smooth.
- Add coconut.
- Spread over second cake.
- Using waxed paper, remove second cake from pan and carefully invert on top of filling; carefully peel off waxed paper. Cool completely.
- In another saucepan, bring the sugar, milk and butter to a boil.
- Remove from heat; add chips and stir until smooth.
- Add nuts.
- Pour over cake; cool to room temperature. Cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:11.93, Glycemic Load:15, Inflammation Score:-4, Nutrition Score:10.036956543508%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 452.06kcal (22.6%), Fat: 26.11g (40.17%), Saturated Fat: 14.35g (89.66%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 48.29g (17.56%), Sugar: 37.73g (41.92%), Cholesterol: 18.34mg (6.11%), Sodium: 245.29mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17mg (5.67%), Protein: 5.95g (11.9%), Manganese: 0.74mg (36.86%), Copper: 0.47mg (23.5%), Phosphorus: 199.3mg (19.93%), Fiber: 4.57g (18.27%), Magnesium: 70.51mg (17.63%), Vitamin E: 2.38mg (15.84%), Iron: 2.85mg (15.81%), Calcium: 114.61mg (11.46%), Vitamin B2: 0.19mg (11.17%), Selenium: 7.22µg (10.31%), Potassium: 349.34mg (9.98%), Zinc: 1.22mg (8.15%), Folate: 22.96µg (5.74%), Vitamin B1: 0.08mg (5.54%), Vitamin B3: 0.9mg (4.5%), Vitamin A: 200.92IU (4.02%), Vitamin B5: 0.31mg (3.06%), Vitamin K: 2.59µg (2.47%), Vitamin B6: 0.05mg (2.44%), Vitamin B12: 0.13µg (2.11%), Vitamin C: 0.89mg (1.08%)