



Chocolate Coconut Caramel Skillet Cake

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 0.5 cup water
- ☐ 0.3 cup vegetable oil

- ☐ 1 eggs
- ☐ 0.3 cup buttermilk
- ☐ 1 teaspoon vanilla
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla
- ☐ 1 cup coconut shredded sweetened toasted
- ☐ 0.5 cup frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ measuring cup

Directions

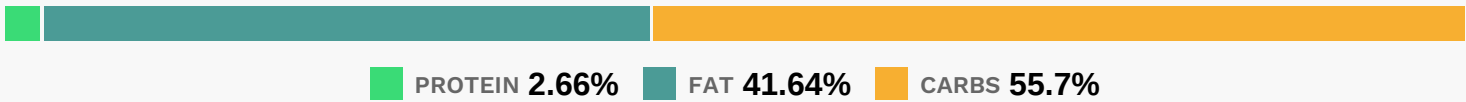
- ☐ Heat oven to 350°F.
- ☐ In small bowl, stir together flour, baking soda, granulated sugar and 1/4 teaspoon salt; set aside.
- ☐ In 9-inch cast-iron skillet, heat 1/4 cup butter, the cocoa, water and oil to boiling over medium heat. Beat in flour mixture with whisk. In 1-cup glass measuring cup, beat egg, buttermilk and 1 teaspoon vanilla. Working quickly, beat in buttermilk mixture with whisk until combined.
- ☐ Pour into skillet.
- ☐ Bake 10 to 15 minutes or until toothpick inserted in center comes out clean.
- ☐ While cake is baking, make Caramel Sauce. In 2-quart saucepan, stir together brown sugar, half-and-half, 1/4 cup butter and 1/4 teaspoon salt. Cook over medium-low heat 5 to 7

minutes, beating with whisk until sauce begins to thicken. Stir in 1 tablespoon vanilla.

☐ Sprinkle toasted coconut evenly over warm cake to cover.

☐ Drizzle with caramel sauce. If desired, serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:26.2, Inflammation Score:-4, Nutrition Score:6.679999920661%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 498.84kcal (24.94%), Fat: 23.57g (36.27%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 70.93g (23.64%), Net Carbohydrates: 69.31g (25.2%), Sugar: 57.22g (63.58%), Cholesterol: 51.79mg (17.26%), Sodium: 359.71mg (15.64%), Alcohol: 0.73g (100%), Alcohol %: 0.7% (100%), Caffeine: 4.31mg (1.44%), Protein: 3.39g (6.79%), Manganese: 0.48mg (24.13%), Selenium: 10.03µg (14.33%), Vitamin K: 13.69µg (13.04%), Vitamin B1: 0.13mg (8.95%), Folate: 33.75µg (8.44%), Iron: 1.52mg (8.42%), Vitamin A: 396.62IU (7.93%), Vitamin B2: 0.13mg (7.86%), Copper: 0.15mg (7.66%), Vitamin E: 1mg (6.7%), Fiber: 1.62g (6.49%), Phosphorus: 64.57mg (6.46%), Magnesium: 22.99mg (5.75%), Vitamin B3: 1.07mg (5.36%), Calcium: 45.38mg (4.54%), Potassium: 144.5mg (4.13%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.32mg (3.2%), Vitamin B6: 0.06mg (3.19%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.21µg (1.38%)