



Chocolate Italian Cake

READY IN



45 min.

SERVINGS



12

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 5 large eggs separated
- ☐ 2.3 cups flour all-purpose
- ☐ 1 halves pecans
- ☐ 0.7 cup pecans finely chopped
- ☐ 0.5 cup shortening
- ☐ 2 cups sugar

- ☐ 1 cup coconut sweetened flaked
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

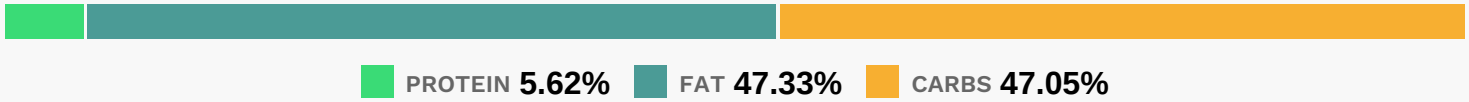
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form; set aside.
- ☐ Beat butter and shortening until creamy; gradually add sugar, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, cocoa, and baking soda; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in coconut, chopped pecans, and vanilla. Fold in egg whites.
- ☐ Pour batter into 3 greased and floured 8-inch round cakepans.
- ☐ Bake at 325 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove cake layers to wire racks, and cool completely.
- ☐ Spread Chocolate-Cream Cheese Frosting between layers and on top and sides of cake.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:36.54, Inflammation Score:-4, Nutrition Score:9.3730434056209%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg

1.61mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg
Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epigallocatechin 3–gallate:
0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg
Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 480.12kcal (24.01%), Fat: 25.87g (39.79%), Saturated Fat: 10.46g (65.38%), Carbohydrates: 57.87g
(19.29%), Net Carbohydrates: 55.28g (20.1%), Sugar: 37.36g (41.51%), Cholesterol: 100.04mg (33.35%), Sodium:
224.37mg (9.76%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.12mg (1.37%), Protein: 6.91g
(13.82%), Manganese: 0.58mg (29.19%), Selenium: 17.01µg (24.3%), Vitamin B1: 0.25mg (16.48%), Vitamin B2:
0.27mg (15.82%), Folate: 56.11µg (14.03%), Phosphorus: 123.2mg (12.32%), Iron: 2mg (11.09%), Copper: 0.22mg
(10.97%), Fiber: 2.59g (10.36%), Vitamin B3: 1.58mg (7.92%), Vitamin A: 385.32IU (7.71%), Magnesium: 29.95mg
(7.49%), Vitamin E: 1.08mg (7.19%), Zinc: 0.97mg (6.49%), Vitamin B5: 0.63mg (6.34%), Vitamin K: 5.66µg (5.39%),
Vitamin B12: 0.29µg (4.89%), Calcium: 48.34mg (4.83%), Potassium: 162.86mg (4.65%), Vitamin D: 0.68µg (4.51%),
Vitamin B6: 0.07mg (3.53%)