



## Chocolate Macaroon Tunnel Cake

READY IN



85 min.

SERVINGS



16

CALORIES



211 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 tablespoon butter softened
- 1 cup coconut or flaked
- 2 cups confectioners' sugar sifted
- 1 egg white
- 1 egg yolk
- 4 eggs
- 1 tablespoon flour all-purpose
- 1 teaspoon salt

- 0.5 cup shortening
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.8 cup water cold
- 0.3 cup sugar white

## Equipment

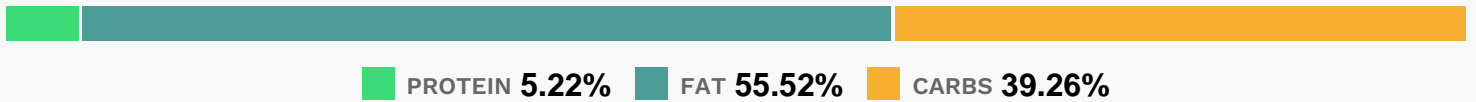
- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer
- wooden spoon
- spatula
- kugelhopf pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, blend together the shortening, 1 3/4 cups white sugar, egg yolk and vanilla until smooth. Beat in eggs one at a time using an electric mixer.
- Combine 2 cups flour, cocoa, baking soda and salt; stir into the egg mixture alternately with the sour cream and water.
- Pour batter into the prepared Bundt pan.
- In a separate bowl with clean beaters, whip the egg white until soft peaks form. Gradually sprinkle in 1/4 cup white sugar while continuing to whip to firm peaks. Fold in the coconut, 1 tablespoon of flour and 1 teaspoon of vanilla by hand using a spatula or wooden spoon. Drop this mixture by teaspoonfuls over the chocolate batter in the pan. Be careful not to let the filling touch the sides of the pan.

- Bake for 55 to 65 minutes in the preheated oven, or until a knife inserted into the cake comes out clean. Cool for 15 minutes in the pan, then invert onto a wire rack to allow the cake to cool completely.
- Remove cake from pan, and drizzle with vanilla glaze.
- To make vanilla glaze, mix together the confectioners' sugar, butter and milk in a small bowl, gradually adding milk until the mixture is thick but pourable.
- Drizzle over cooled cake.

## Nutrition Facts



### Properties

Glycemic Index:12.19, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:3.9891304237687%

### Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

### Nutrients (% of daily need)

Calories: 211.46kcal (10.57%), Fat: 13.67g (21.03%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 19.88g (7.23%), Sugar: 18.57g (20.63%), Cholesterol: 59.19mg (19.73%), Sodium: 244.57mg (10.63%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.89g (5.79%), Manganese: 0.26mg (12.93%), Selenium: 6.29µg (8.99%), Copper: 0.16mg (7.93%), Fiber: 1.87g (7.49%), Phosphorus: 63.31mg (6.33%), Vitamin B2: 0.09mg (5.56%), Magnesium: 20.76mg (5.19%), Iron: 0.82mg (4.55%), Vitamin E: 0.61mg (4.07%), Vitamin K: 3.7µg (3.53%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.33mg (3.26%), Potassium: 99.62mg (2.85%), Vitamin A: 142.27IU (2.85%), Folate: 9.54µg (2.39%), Vitamin B12: 0.14µg (2.3%), Vitamin B6: 0.05mg (2.26%), Calcium: 20.8mg (2.08%), Vitamin D: 0.28µg (1.87%), Vitamin B1: 0.02mg (1.21%)