



Clara's White German Chocolate Cake

READY IN



80 min.

SERVINGS



3

CALORIES



2226 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter
- 1 cup buttermilk
- 2.5 cups cake flour sifted
- 1 cup coconut or flaked
- 4 egg whites
- 4 egg yolks
- 1 cup pecans chopped
- 0.5 teaspoon salt

- 1 teaspoon vanilla extract
- 4 ounce chocolate white chopped
- 2 cups sugar white

Equipment

- bowl
- oven
- mixing bowl
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 (9 inch) pans. Sift together the flour, baking powder and salt. Set aside.
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the yolks one at a time, then stir in the melted chocolate and vanilla. Beat in the flour mixture alternately with the buttermilk. Stir in the nuts and coconut.
- In a large glass or metal mixing bowl, beat egg whites until stiff peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain. Divide batter into prepared pans.
- Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts

  
 **PROTEIN 5.5%**  **FAT 50.98%**  **CARBS 43.52%**

Properties

Glycemic Index:130.03, Glycemic Load:159.36, Inflammation Score:-9, Nutrition Score:32.466087030328%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg

Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 2225.93kcal (111.3%), Fat: 129.18g (198.73%), Saturated Fat: 68.75g (429.68%), Carbohydrates: 248.12g (82.71%), Net Carbohydrates: 237.44g (86.34%), Sugar: 163.75g (181.95%), Cholesterol: 438.62mg (146.21%), Sodium: 1225.41mg (53.28%), Alcohol: 0.46g (100%), Alcohol %: 0.1% (100%), Protein: 31.37g (62.73%), Manganese: 3.27mg (163.56%), Selenium: 75.64µg (108.05%), Phosphorus: 541.63mg (54.16%), Vitamin A: 2402.76IU (48.06%), Copper: 0.93mg (46.61%), Vitamin B2: 0.74mg (43.35%), Fiber: 10.68g (42.74%), Calcium: 347.63mg (34.76%), Vitamin B1: 0.45mg (29.95%), Magnesium: 115.68mg (28.92%), Zinc: 4.33mg (28.88%), Vitamin E: 3.84mg (25.62%), Vitamin B5: 2.41mg (24.08%), Folate: 90.47µg (22.62%), Iron: 3.83mg (21.29%), Potassium: 737.6mg (21.07%), Vitamin B12: 1.21µg (20.21%), Vitamin B6: 0.34mg (16.92%), Vitamin D: 2.34µg (15.57%), Vitamin B3: 2.08mg (10.38%), Vitamin K: 10.81µg (10.3%), Vitamin C: 1.01mg (1.23%)