



Dark German Chocolate Cake with Toasted Almond-Coconut Goo

READY IN



60 min.

SERVINGS



12

CALORIES



870 kcal

Ingredients

- ☐ 1.3 cups almonds sliced
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 2.3 teaspoons baking soda
- ☐ 1 cup best-quality cocoa (recommended: Dutch-process)
- ☐ 1.3 cups coconut or shredded flaked
- ☐ 1.5 cups percent fat whole
- ☐ 3 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1.5 cups heavy cream

- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups sugar
- ☐ 3 cups sugar
- ☐ 1 tablespoon vanilla extract pure
- ☐ 0.8 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1.5 cups very water hot

Equipment

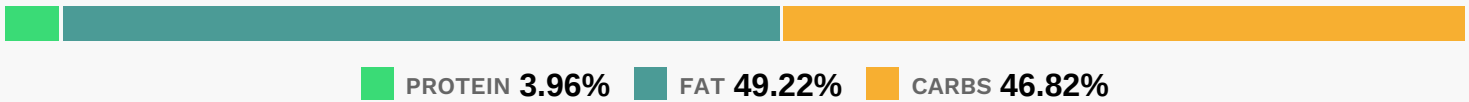
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees.
- ☐ Spread the coconut and almonds on separate baking sheets and toast, stirring occasionally, just until golden brown, 10 to 15 minutes. Set aside to cool.
- ☐ Line the bottom and sides of a 14 by 17-inch baking sheet (with sides) with parchment or waxed paper. Sift together the sugar, flour, cocoa, baking powder, baking soda and salt.
- ☐ Transfer to a mixer fitted with a whisk attachment (or use a hand mixer) and blend briefly.
- ☐ In a medium bowl, whisk together the eggs, milk, oil and vanilla extract.

- ☐ Add to the dry ingredients and mix at low speed for 5 minutes. Gradually add the hot water, mixing at low speed just until combined. The batter will be quite thin.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake until a tester inserted in the center of the cake comes out clean (a few crumbs are okay), 25 to 30 minutes.
- ☐ Let cool in the pan.
- ☐ Pour the sugar into the center of a deep saucepan. Carefully pour the water around the sugar, trying not to splash any sugar onto the sides of the pan. Do not stir; gently draw your finger through the center of the sugar to moisten it. Over medium-high heat, bring to a boil without stirring. Reduce the heat to a fast simmer and cook without stirring until amber-caramel in color, 10 to 20 minutes. Immediately remove from the heat. Using a wooden spoon, slowly and carefully stir in the cream (it will bubble up and may splatter). Stir in the toasted coconut and almonds. Set aside.
- ☐ When ready to serve, cut the room-temperature cake in the pan into 6 even strips, each 3 inches wide. Using diagonal strokes of the knife, cut each strip into 4 triangles. If the sauce has stiffened, rewarm it over low heat (or in a microwave) until softened.
- ☐ Place a triangle on each plate, drizzle with sauce, and rest another triangle on top at a different angle.
- ☐ Drizzle with more sauce and serve.

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:68.5, Inflammation Score:-6, Nutrition Score:13.960000030372%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 14.14mg, Epicatechin: 14.14mg, Epicatechin: 14.14mg, Epicatechin: 14.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 869.97kcal (43.5%), Fat: 49.21g (75.71%), Saturated Fat: 21.11g (131.93%), Carbohydrates: 105.31g (35.1%), Net Carbohydrates: 99.94g (36.34%), Sugar: 77.04g (85.59%), Cholesterol: 98.88mg (32.96%), Sodium: 605.53mg (26.33%), Alcohol: 0.37g (100%), Alcohol %: 0.19% (100%), Caffeine: 16.48mg (5.49%), Protein: 8.9g (17.81%), Manganese: 0.82mg (41.2%), Selenium: 16.74µg (23.92%), Copper: 0.47mg (23.56%), Vitamin B2: 0.39mg (23.01%), Vitamin E: 3.26mg (21.76%), Fiber: 5.37g (21.5%), Phosphorus: 194.59mg (19.46%), Magnesium: 74.71mg (18.68%), Iron: 3.23mg (17.94%), Vitamin B1: 0.27mg (17.74%), Folate: 67.46µg (16.86%), Vitamin B3: 2.27mg (11.36%), Calcium: 112.41mg (11.24%), Vitamin A: 496.82IU (9.94%), Vitamin D: 1.34µg (8.91%), Zinc: 1.33mg (8.89%), Potassium: 286.25mg (8.18%), Vitamin K: 6.28µg (5.98%), Vitamin B5: 0.46mg (4.58%), Vitamin B6: 0.07mg (3.4%), Vitamin B12: 0.15µg (2.42%)