



Deep Dark Chocolate Coconut Cake

READY IN



45 min.

SERVINGS



10

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 10 servings butter softened
- ☐ 2 cups bag coconut shredded sweetened finely chopped
- ☐ 1 large egg white
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups nonfat yogurt plain
- ☐ 0.5 teaspoon salt

- ☐ 3 ounces bittersweet chocolate cooled melted
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 0.5 cup condensed milk sweetened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 2.3 teaspoons vanilla extract pure
- ☐ 0.3 cup water

Equipment

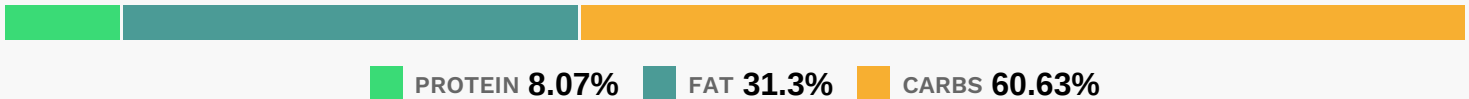
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhkopf pan

Directions

- ☐ MAKE THE CAKE: Preheat the oven to 35
- ☐ Butter and flour an 8-cup Bundt pan. In a small bowl, mix the chopped coconut with the condensed milk and egg white.
- ☐ Transfer the coconut mixture to a large sheet of plastic wrap. Using your hands, roll the coconut into an 18-inch rope. Wrap and refrigerate until slightly firm, at least 20 minutes.
- ☐ In another small bowl, sift the flour with the cocoa, baking powder, baking soda and salt. In a large bowl, using an electric mixer, beat the butter until creamy.

- ☐ Add the sugar and beat until light and fluffy.
- ☐ Add the eggs, 1 at a time, beating well after each addition.
- ☐ Add the melted chocolate and the vanilla and beat until the batter is smooth. Beat in the dry ingredients in 3 batches, alternating with the yogurt.
- ☐ Scrape the batter into the prepared pan and smooth the surface. Unwrap the coconut rope and join the ends to form a circle.
- ☐ Lay the coconut rope on the cake batter, centering it in the pan. Press the coconut into the batter until it is submerged in 1 inch of batter.
- ☐ Bake the cake for 1 hour, or until a toothpick inserted in the center comes out clean.
- ☐ Let cool in the pan for 10 minutes, then invert onto a rack to cool completely.
- ☐ MAKE THE GLAZE: In a medium saucepan, combine the sugar and water and bring to a boil; stir to dissolve the sugar.
- ☐ Whisk in the cocoa and vanilla and let cool.
- ☐ Brush a thin layer of the glaze over the cake and let dry slightly. Repeat 3 more times, letting the glaze dry slightly before brushing the cake again. Refrigerate until the glaze is set and slightly cracked before serving.

Nutrition Facts



Properties

Glycemic Index:41.82, Glycemic Load:40.03, Inflammation Score:-5, Nutrition Score:13.623913096345%

Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epicatechin: 9.43mg, Epicatechin: 9.43mg, Epicatechin: 9.43mg, Epicatechin: 9.43mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 489.17kcal (24.46%), Fat: 17.53g (26.97%), Saturated Fat: 11.89g (74.29%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 72.47g (26.35%), Sugar: 52.35g (58.17%), Cholesterol: 73mg (24.33%), Sodium: 412.66mg (17.94%), Alcohol: 0.38g (100%), Alcohol %: 0.28% (100%), Caffeine: 18.35mg (6.12%), Protein: 10.17g (20.34%), Manganese: 0.92mg (46.22%), Selenium: 21.97µg (31.38%), Phosphorus: 249mg (24.9%), Vitamin B2: 0.38mg (22.59%), Copper: 0.4mg (20.19%), Calcium: 191.96mg (19.2%), Iron: 3.14mg (17.47%), Magnesium: 67.05mg

(16.76%), Vitamin B1: 0.25mg (16.41%), Fiber: 3.94g (15.77%), Folate: 62.15µg (15.54%), Zinc: 1.76mg (11.73%), Potassium: 388.76mg (11.11%), Vitamin B3: 1.84mg (9.18%), Vitamin B5: 0.87mg (8.7%), Vitamin B12: 0.45µg (7.53%), Vitamin B6: 0.12mg (6.09%), Vitamin A: 253.63IU (5.07%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.42µg (1.35%), Vitamin C: 0.85mg (1.04%)