



German Chocolate Bundt Cake

READY IN



45 min.

SERVINGS



16

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 1 ounce baker's chocolate sweet
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 large egg whites
- ☐ 4 teaspoons skim milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon granulated sugar

- ☐ 1.5 cups granulated sugar
- ☐ 1 cup buttermilk low-fat
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup stick margarine softened
- ☐ 1 tablespoon stick margarine
- ☐ 2 tablespoons stick margarine chilled cut into small pieces
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water boiling

Equipment

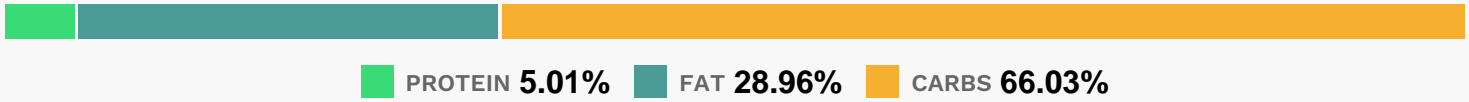
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 32
- ☐ To prepare streusel, lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/4 cup flour and brown sugar in a small bowl; cut in 2 tablespoons butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in coconut and pecans.

- ☐ To prepare cake, coat a 12-cup Bundt pan with cooking spray; sprinkle with 1 tablespoon granulated sugar. Set aside.
- ☐ Combine cocoa and baking chocolate in a small bowl; add boiling water, stirring until chocolate melts. Set aside.
- ☐ Combine 1 1/2 cups granulated sugar and 1/3 cup butter at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add vanilla and egg whites, 1 at a time, beating well after each addition. Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour, baking powder, baking soda, and salt, stirring well with a whisk.
- ☐ Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Stir in cocoa mixture. Spoon half of batter into prepared pan; top with streusel. Spoon remaining batter over streusel.
- ☐ Bake at 325 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan. Cool completely.
- ☐ To prepare glaze; combine powdered sugar and butter in a small bowl.
- ☐ Add milk; stir with a whisk.
- ☐ Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:23.47, Inflammation Score:-4, Nutrition Score:6.0899999951539%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 7.81mg, Epicatechin: 7.81mg, Epicatechin: 7.81mg, Epicatechin: 7.81mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 298.78kcal (14.94%), Fat: 10.03g (15.43%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 51.46g (17.15%), Net Carbohydrates: 49.31g (17.93%), Sugar: 35.19g (39.1%), Cholesterol: 0.64mg (0.21%), Sodium: 271.13mg (11.79%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 7.6mg (2.53%), Protein: 3.9g (7.8%), Manganese: 0.42mg (21.18%), Selenium: 8.25µg (11.79%), Copper: 0.23mg (11.32%), Vitamin B1: 0.16mg (10.98%), Iron: 1.71mg (9.51%), Vitamin B2: 0.15mg (8.8%), Folate: 35.16µg (8.79%), Fiber: 2.16g (8.63%), Phosphorus: 82.2mg (8.22%), Magnesium: 30.1mg (7.52%), Calcium: 66.98mg (6.7%), Vitamin B3: 1.19mg (5.93%), Vitamin A: 286.35IU (5.73%), Zinc: 0.67mg (4.46%), Potassium: 135.3mg (3.87%), Vitamin E: 0.3mg (1.99%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.03mg (1.32%)