



German Chocolate Cake

 Vegetarian

READY IN



140 min.

SERVINGS



12

CALORIES



735 kcal

DESSERT

Ingredients

- 1 serving pam original flavor shopping list
- 4 oz baker's chocolate sweet
- 0.5 cup water
- 2.3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups granulated sugar
- 1 cup butter room temperature (2 sticks)

- 4 large eggs separated
- 1 teaspoon vanilla
- 1 cup buttermilk
- 3 egg yolk
- 1 cup granulated sugar packed
- 0.5 cup butter (1 stick)
- 1 cup evaporated milk (from 12-oz can)
- 1 teaspoon vanilla
- 1.3 cups coconut flakes flaked
- 1 cup pecans chopped

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- wire rack
- blender
- hand mixer
- toothpicks
- spatula

Directions

- Heat the oven to 350°F. Spray the bottoms and sides of three 8-inch or two 9-inch round cake pans with the cooking spray.
- Cut three 8-inch or two 9-inch rounds of cooking parchment paper. Line bottoms of pans with the paper.

- Coarsely chop the chocolate. In a 1-quart saucepan, heat the chocolate and water over low heat, stirring frequently, until chocolate is completely melted; remove from heat and cool.
- Meanwhile, in a medium bowl, stir the flour, baking soda and salt until mixed; set aside. In another medium bowl, beat 2 cups sugar and 1 cup butter with an electric mixer on medium speed until light and fluffy; set aside.
- On medium speed, beat 1 egg yolk at a time into the sugar mixture until mixed. On low speed, beat in the melted chocolate and 1 teaspoon vanilla. On low speed, beat in 1/2 of the flour mixture just until smooth, then beat in 1/2 of the buttermilk just until smooth. Repeat beating in flour mixture alternately with the buttermilk just until smooth.
- Wash and dry mixer beaters. In a small bowl, beat the eggs whites on high speed until beaten eggs whites form stiff peaks when beaters are lifted.
- Add egg whites to the batter; to fold in, use a rubber spatula to cut down vertically through the batter, then slide the spatula across the bottom of the bowl and up the side, turning batter over. Rotate the bowl 1/4 turn, and repeat this down-across-up motion. Continue folding until batter and egg whites are blended.
- Pour batter into pans; use a rubber spatula to scrape batter from bowl, spread batter evenly in pans and smooth top of batter. (If batter is not divided evenly, spoon batter from one pan to another.) Refrigerate batter in third pan if not all pans will fit in oven at one time; bake third pan separately.
- Bake 8-inch pans 35 to 40 minutes, 9-inch pans 30 to 35 minutes, or until a toothpick inserted in the center comes out clean.
- Cool cakes in pans 10 minutes. To remove cake from pan, invert onto cooling rack, then invert right side up on second cooling rack. Cool completely, about 1 hour.
- In a 2-quart saucepan, stir the 3 egg yolks, 1 cup sugar, 1/2 cup butter, the evaporated milk and 1 teaspoon vanilla until well mixed. Cook over medium heat about 12 minutes, stirring frequently, until thick and bubbly. Stir in the coconut and pecans. Cool about 30 minutes, beating occasionally with a spoon, until mixture is spreadable.
- Place 1 cake layer, rounded side down, on a cake plate; using a metal spatula, spread 1/3 of the filling over the layer.
- Add second layer, rounded side down; spread with 1/3 of the filling.
- Add third layer, rounded side up; spread with remaining filling, leaving side of cake unfrosted. Store cake covered in the refrigerator.

Nutrition Facts



■ PROTEIN 5.36% ■ FAT 54.13% ■ CARBS 40.51%

Properties

Glycemic Index:29.68, Glycemic Load:48.19, Inflammation Score:-7, Nutrition Score:15.612174003021%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 13.48mg, Epicatechin: 13.48mg, Epicatechin: 13.48mg, Epicatechin: 13.48mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 734.76kcal (36.74%), Fat: 46.01g (70.79%), Saturated Fat: 25.94g (162.13%), Carbohydrates: 77.47g (25.82%), Net Carbohydrates: 72.86g (26.49%), Sugar: 54.38g (60.42%), Cholesterol: 179.9mg (59.97%), Sodium: 543.82mg (23.64%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 7.56mg (2.52%), Protein: 10.25g (20.5%), Manganese: 1.23mg (61.74%), Selenium: 20.25µg (28.93%), Copper: 0.55mg (27.65%), Phosphorus: 224.76mg (22.48%), Vitamin B2: 0.37mg (21.59%), Iron: 3.77mg (20.94%), Vitamin B1: 0.3mg (19.92%), Vitamin A: 952.26IU (19.05%), Fiber: 4.61g (18.45%), Folate: 66.32µg (16.58%), Magnesium: 65.56mg (16.39%), Zinc: 2.26mg (15.1%), Calcium: 122.62mg (12.26%), Potassium: 319.41mg (9.13%), Vitamin B5: 0.9mg (9.04%), Vitamin B3: 1.76mg (8.81%), Vitamin E: 1.22mg (8.12%), Vitamin B12: 0.41µg (6.83%), Vitamin B6: 0.12mg (6.15%), Vitamin D: 0.86µg (5.72%), Vitamin K: 3.59µg (3.42%)