



German-Chocolate Cake

READY IN



45 min.

SERVINGS



18

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 1 ounce baker's chocolate sweet
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 tablespoon cake flour
- ☐ 2.3 cups cake flour sifted
- ☐ 0.5 teaspoon coconut extract
- ☐ 2 large egg whites
- ☐ 0.3 cup yogurt plain fat-free

- ☐ 1 cup granulated sugar
- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons stick margarine softened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2.5 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water boiling

Equipment

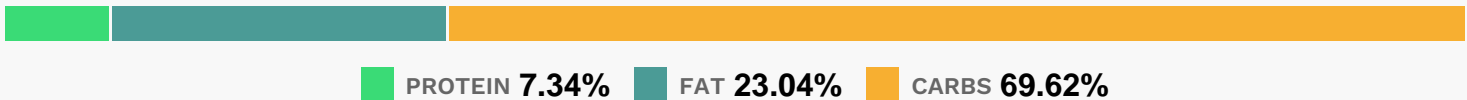
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat 3 (8-inch) round cake pans with cooking spray, and dust with 1 tablespoon flour.
- ☐ Combine cocoa and chocolate in a small bowl; add boiling water, stirring until chocolate melts. Set aside.
- ☐ Combine sugars, butter, and oil in a large bowl, and beat at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add yogurt, extracts, and egg whites; beat well.
- ☐ Lightly spoon sifted flour into dry measuring cups, and level with a knife.
- ☐ Combine sifted flour, baking powder, baking soda, and salt.
- ☐ Add flour mixture to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Beat in cocoa mixture.
- ☐ Pour cake batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.

- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes, and remove from pans. Cool completely on wire racks.
- ☐ Place 1 cake layer on a plate; spread with 1/3 cup Coconut-Pecan Frosting, and top with another cake layer.
- ☐ Spread with 1/3 cup frosting, and top with remaining cake layer.
- ☐ Spread remaining frosting over top and sides of cake. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:15.39, Inflammation Score:-2, Nutrition Score:3.9869565089112%

Flavonoids

Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 191.21kcal (9.56%), Fat: 5.1g (7.85%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 33.16g (12.06%), Sugar: 21.1g (23.44%), Cholesterol: 0.6mg (0.2%), Sodium: 198.06mg (8.61%), Alcohol: 0.24g (100%), Alcohol %: 0.42% (100%), Caffeine: 6.75mg (2.25%), Protein: 3.66g (7.32%), Manganese: 0.29mg (14.65%), Selenium: 8.13µg (11.61%), Copper: 0.18mg (9.01%), Phosphorus: 67.84mg (6.78%), Calcium: 64.43mg (6.44%), Magnesium: 24.76mg (6.19%), Fiber: 1.53g (6.12%), Iron: 0.88mg (4.91%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.55mg (3.64%), Potassium: 114.76mg (3.28%), Vitamin K: 3.06µg (2.91%), Folate: 7.83µg (1.96%), Vitamin A: 94.98IU (1.9%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.16mg (1.59%), Vitamin B1: 0.02mg (1.58%), Vitamin B3: 0.26mg (1.31%)