

German Chocolate Cake

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



360 kcal

Ingredients

- 3 tablespoons butter
- 0.3 cup coconut flakes flaked
- 14 ounce condensed milk sweetened canned
- 1 egg yolk
- 3 eggs
- 18.3 ounce german chocolate pillsbury®
- 0.3 cup pecans chopped
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil pure crisco®

1 cup water

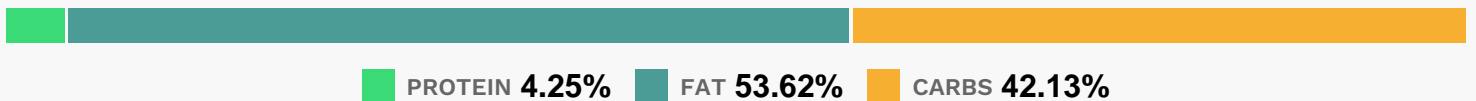
Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F. In large bowl, combine cake mix, water, 3 eggs, oil and 1/3 cup sweetened condensed milk. Beat on low speed until moistened, then beat on high speed 2 minutes.
- Pour into well-greased and floured 13 x 9-inch baking pan.
- Bake 40 to 45 minutes or until wooden toothpick inserted near center comes out clean.
- In small saucepan, combine remaining sweetened condensed milk, egg yolk and butter. Over medium heat, cook and stir until thickened, about 6 minutes.
- Add pecans, coconut and vanilla; spread over warm cake. Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:8.79, Inflammation Score:-2, Nutrition Score:4.7473913353422%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 359.9kcal (18%), Fat: 21.14g (32.52%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 36.82g (13.39%), Sugar: 31.83g (35.36%), Cholesterol: 54.69mg (18.23%), Sodium: 74.59mg (3.24%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.77g (7.54%), Iron: 3.03mg (16.84%), Selenium: 7.73µg (11.04%), Phosphorus: 100.31mg (10.03%), Vitamin B2: 0.16mg (9.59%), Calcium: 85.15mg (8.52%), Manganese: 0.17mg (8.31%), Vitamin A: 236.98IU (4.74%), Vitamin B5: 0.41mg (4.08%), Potassium: 133.38mg (3.81%), Vitamin B12: 0.22µg (3.68%), Zinc: 0.54mg (3.6%), Magnesium: 12.9mg (3.23%), Vitamin B1: 0.05mg (3.12%), Copper: 0.06mg (2.9%), Vitamin K: 2.96µg (2.82%), Vitamin E: 0.41mg (2.76%), Folate: 9.53µg (2.38%), Vitamin B6: 0.04mg (2.19%), Fiber: 0.54g (2.16%), Vitamin D: 0.29µg (1.96%)