



German Chocolate Cake Frosting



Vegetarian



Gluten Free

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READY IN

ready

30 min.

SERVINGS

servings

10

CALORIES

calories

368 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 1.3 cups coconut or flaked
- ☐ 3 egg yolks
- ☐ 1 cup evaporated milk
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon vanilla extract

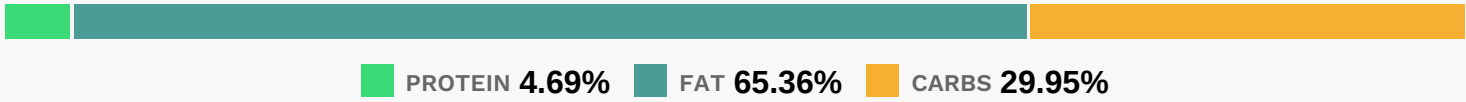
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan combine evaporated milk, brown sugar, egg yolks, butter and vanilla. Cook over low heat, stirring constantly, until thick.
- ☐ Remove from heat and stir in pecans and coconut.
- ☐ Let cool to room temperature before spreading on cake.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:7.575217358444%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 367.66kcal (18.38%), Fat: 27.7g (42.62%), Saturated Fat: 14.66g (91.66%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.67g (9.33%), Sugar: 25.22g (28.03%), Cholesterol: 90.03mg (30.01%), Sodium: 112.67mg (4.9%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 4.48g (8.95%), Manganese: 0.82mg (41.05%), Phosphorus: 129.38mg (12.94%), Copper: 0.24mg (11.99%), Fiber: 2.89g (11.57%), Calcium: 104.34mg (10.43%), Selenium: 6.49µg (9.27%), Vitamin A: 427.84IU (8.56%), Vitamin B2: 0.14mg (8.11%), Magnesium: 31.96mg (7.99%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.1mg (6.71%), Potassium: 221.05mg (6.32%), Iron: 1.01mg (5.59%), Vitamin B5: 0.55mg (5.49%), Vitamin B6: 0.1mg (4.89%), Vitamin E: 0.65mg (4.3%), Folate: 13.88µg (3.47%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.32µg (2.11%), Vitamin B3: 0.28mg (1.38%), Vitamin K: 1.4µg (1.33%)