



German Chocolate Cake Frosting II

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



343 kcal

DESSERT

Ingredients

- 1 cup coconut or flaked
- 3 egg yolk with 1 teaspoon water beaten
- 1 cup evaporated milk
- 0.5 cup butter
- 1 cup pecans chopped
- 1 teaspoon vanilla extract
- 1 cup sugar white

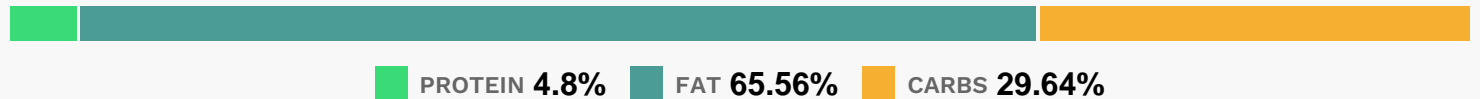
Equipment

sauce pan

Directions

- In a large saucepan combine evaporated milk, sugar, egg yolks, margarine and vanilla. Cook over low heat, stirring constantly, until thick.
- Remove from heat and stir in pecans and coconut.
- Spread on cake while still warm.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:14.01, Inflammation Score:-4, Nutrition Score:6.9043477773666%

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: 342.59kcal (17.13%), Fat: 25.87g (39.8%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 23.89g (8.69%), Sugar: 23.63g (26.25%), Cholesterol: 65.63mg (21.88%), Sodium: 139.72mg (6.07%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 4.26g (8.52%), Manganese: 0.73mg (36.5%), Phosphorus: 122.55mg (12.26%), Vitamin A: 550.19IU (11%), Copper: 0.21mg (10.42%), Fiber: 2.43g (9.73%), Calcium: 86.23mg (8.62%), Vitamin B2: 0.14mg (8.19%), Selenium: 5.71µg (8.16%), Magnesium: 27.55mg (6.89%), Vitamin B1: 0.1mg (6.64%), Zinc: 0.99mg (6.57%), Potassium: 178.85mg (5.11%), Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.72mg (4.81%), Iron: 0.76mg (4.24%), Vitamin B6: 0.08mg (4.05%), Folate: 13.18µg (3.29%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.32µg (2.11%), Vitamin B3: 0.23mg (1.17%)