



German Chocolate Cake I

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 0.4 cup buttermilk
- 1.5 cups cake flour
- 0.7 cup coconut or flaked
- 2 tablespoons cup heavy whipping cream
- 2 eggs

- 4 ounce german chocolate sweet
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped
- 1 cup sugar white

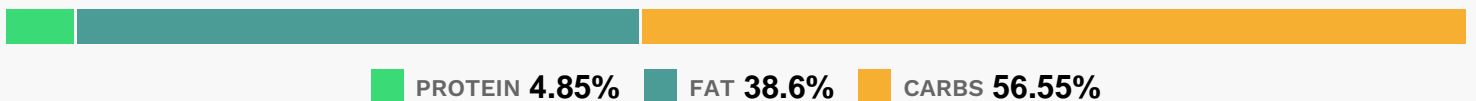
Equipment

- frying pan
- oven
- hand mixer
- cake form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9 inch square cake pan. Sift the cake flour, 1 cup white sugar, baking powder, baking soda, and salt together.
- Cream 1/3 cup of the butter or margarine. Stir in 3/8 cup buttermilk and 1 teaspoon vanilla. Blend in the flour mixture and beat with an electric mixer on medium speed for 2 minutes.
- Add the melted and cooled German sweet chocolate, eggs, and the remaining 3/8 cup buttermilk. Continue to beat at medium speed for another minute more.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 40 minutes. Cool in pan for 15 minutes then frost.
- Combine the coconut, brown sugar, cream, chopped nuts, 1/4 cup butter or margarine.
- Mix until of a spreadable consistency.
- Spread over top of baked cake. Broil 3 inches from heat until browned (about 3 minutes).
- Serve cake warm or cold.

Nutrition Facts



Properties

Glycemic Index:41.26, Glycemic Load:28.75, Inflammation Score:-2, Nutrition Score:6.2765217248512%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 472.03kcal (23.6%), Fat: 20.47g (31.5%), Saturated Fat: 11.91g (74.46%), Carbohydrates: 67.48g (22.49%), Net Carbohydrates: 65.52g (23.83%), Sugar: 46.78g (51.98%), Cholesterol: 61.65mg (20.55%), Sodium: 321.61mg (13.98%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.78g (11.56%), Manganese: 0.52mg (25.99%), Selenium: 15.09µg (21.55%), Iron: 1.99mg (11.06%), Phosphorus: 91.25mg (9.13%), Copper: 0.18mg (8.85%), Fiber: 1.96g (7.85%), Vitamin B2: 0.11mg (6.53%), Vitamin A: 311.56IU (6.23%), Calcium: 58.71mg (5.87%), Magnesium: 22.23mg (5.56%), Folate: 18.19µg (4.55%), Zinc: 0.66mg (4.41%), Vitamin B5: 0.43mg (4.27%), Vitamin B6: 0.08mg (3.98%), Potassium: 133.26mg (3.81%), Vitamin E: 0.47mg (3.15%), Vitamin B1: 0.05mg (3.09%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.17µg (2.8%), Vitamin B3: 0.36mg (1.8%)