



German Chocolate Cake with Coconut-Pecan Filling

 Vegetarian

READY IN



270 min.

SERVINGS



8

CALORIES



1628 kcal

DESSERT

Ingredients

- 4 ounce bar baking chocolate sweet such as baker's german, melted and cooled
- 8 ounce bars baking chocolate sweet such as baker's german, chopped
- 0.5 teaspoon baking soda
- 0.3 cup butter softened ()
- 1 cup butter softened (2 sticks)
- 6 tablespoons butter
- 0.5 cup buttermilk whole

- 1.5 tablespoons plus light
- 5 egg yolks
- 4 large eggs
- 2 cups flour all-purpose
- 1 cup heavy whipping cream boiling
- 1.5 cups heavy whipping cream
- 1 halves optional garnishes: pecan
- 1.5 cups pecans toasted chopped
- 0.5 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 1.5 cups sugar
- 2 cups sugar
- 2 cups coconut or sweetened flaked
- 3 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- sauce pan
- oven
- hand mixer

Directions

- Preheat the oven to 350 degrees F. Spray three 9-inch cake pans with nonstick cooking spray with flour.
- In a large bowl, beat the butter and sugar at medium-high speed with an electric mixer until fluffy.
- Add the eggs, one at a time, beating well after each addition.
- Add the sour cream and vanilla, beating until combined.

- In a medium bowl, combine the flour, cocoa, baking soda and salt. Gradually add to the butter mixture, alternately with the buttermilk, beginning and ending with the flour mixture.
- Add the melted chocolate, beating until combined.
- Spoon the batter evenly into the prepared pans.
- Bake until a wooden pick inserted in the center comes out clean, 18 to 22 minutes.
- Let cool in the pans for 10 minutes.
- Remove from the pans and cool completely on wire racks.
- Spread two-thirds of the Coconut-Pecan Filling evenly in between the cake layers.
- Place the cake in the freezer for at least 1 hour.
- Spread Chocolate Ganache Frosting evenly over the top and sides of the cake.
- Spread the remaining one-third Coconut-Pecan Filling evenly over the top of the cake. Arrange the pecan halves around top and bottom of cake if desired.
- Garnish with chocolate curls if desired. Store the cake in the refrigerator.
- In a medium saucepan, combine the cream, sugar and egg yolks. Cook over medium-low heat until the sugar is dissolved and the mixture coats the back of a spoon, about 10 minutes.
- Remove from the heat and add the coconut, pecans and butter, stirring until the butter is melted.
- Let stand until the mixture reaches room temperature.
- In a medium bowl, combine the chopped chocolate, butter and corn syrup.
- Pour the boiling cream over the chocolate mixture.
- Let stand for 1 minute. Stir until the chocolate is melted and the mixture is smooth. Chill for 30 minutes, stirring occasionally, until the frosting is a spreadable consistency.

Nutrition Facts

  
 PROTEIN **4.65%**  FAT **61.46%**  CARBS **33.89%**

Properties

Glycemic Index:53.15, Glycemic Load:79.26, Inflammation Score:-9, Nutrition Score:34.402609021767%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 29.92mg, Catechin: 29.92mg, Catechin: 29.92mg, Catechin: 29.92mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 64.15mg, Epicatechin: 64.15mg, Epicatechin: 64.15mg, Epicatechin: 64.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1627.62kcal (81.38%), Fat: 118.02g (181.57%), Saturated Fat: 66.52g (415.76%), Carbohydrates: 146.44g (48.81%), Net Carbohydrates: 133.95g (48.71%), Sugar: 103.73g (115.26%), Cholesterol: 416mg (138.67%), Sodium: 670.24mg (29.14%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Caffeine: 38.44mg (12.81%), Protein: 20.08g (40.16%), Manganese: 3.12mg (156.03%), Copper: 1.83mg (91.41%), Iron: 10.81mg (60.04%), Vitamin A: 2753.62IU (55.07%), Selenium: 37.28µg (53.26%), Magnesium: 202.97mg (50.74%), Fiber: 12.49g (49.97%), Phosphorus: 472.78mg (47.28%), Zinc: 6.42mg (42.78%), Vitamin B2: 0.65mg (38.18%), Vitamin B1: 0.5mg (33.15%), Folate: 109.42µg (27.35%), Potassium: 755.62mg (21.59%), Calcium: 201.92mg (20.19%), Vitamin E: 2.87mg (19.16%), Vitamin D: 2.49µg (16.62%), Vitamin B5: 1.52mg (15.17%), Vitamin B3: 2.96mg (14.8%), Vitamin B12: 0.77µg (12.81%), Vitamin K: 11.15µg (10.62%), Vitamin B6: 0.2mg (9.97%), Vitamin C: 0.91mg (1.1%)