



German-Chocolate Cake with Coconut-Pecan Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 4 ounce bar baking chocolate sweet chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 20 servings coconut-pecan sauce
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup stick margarine
- ☐ 1.3 cups sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place butter and chocolate in a large microwave-safe bowl, and microwave at high 1 minute or until melted, stirring until smooth. Stir in sugar, water, and vanilla.
- ☐ Add egg whites and egg, stirring with a whisk. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking powder, and salt, and add to chocolate mixture, stirring with a whisk until smooth. Coat bottom of a 13 x 9-inch baking pan with cooking spray; pour batter into pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack.
- ☐ Serve cake with Coconut-Pecan Sauce.

Nutrition Facts



 **PROTEIN 6.47%**  **FAT 35.97%**  **CARBS 57.56%**

Properties

Glycemic Index:11.85, Glycemic Load:15.73, Inflammation Score:-3, Nutrition Score:4.4430434798579%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 161.08kcal (8.05%), Fat: 6.79g (10.44%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 23.13g (8.41%), Sugar: 13.03g (14.48%), Cholesterol: 9.3mg (3.1%), Sodium: 107.15mg (4.66%), Alcohol: 0.1g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.54mg (1.51%), Protein: 2.75g (5.5%), Manganese: 0.33mg (16.53%), Copper: 0.21mg (10.36%), Iron: 1.67mg (9.27%), Selenium: 6.23µg (8.89%), Vitamin B1: 0.11mg (7.22%), Folate: 25.83µg (6.46%), Vitamin B2: 0.1mg (5.74%), Magnesium: 22.47mg (5.62%), Fiber: 1.3g (5.22%), Phosphorus: 51.94mg (5.19%), Zinc: 0.67mg (4.49%), Vitamin B3: 0.82mg (4.12%), Calcium: 34.39mg (3.44%), Vitamin A: 154.59IU (3.09%), Potassium: 73.56mg (2.1%), Vitamin E: 0.19mg (1.26%), Vitamin B5: 0.11mg (1.14%)