



German Chocolate Layer Cake

 Gluten Free

READY IN



170 min.

SERVINGS



16

CALORIES



483 kcal

DESSERT

Ingredients

- 1 box german chocolate
- 1.5 cups sugar
- 0.8 cup butter
- 12 oz evaporated milk canned
- 4 egg yolk
- 7 oz coconut flakes flaked ()
- 2 cups pecans chopped
- 3 teaspoons vanilla

- 16 oz chocolate frosting

Equipment

- bowl
- frying pan
- sauce pan
- oven
- microwave
- serrated knife

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottoms only of 2 (9-inch) round cake pans with shortening. Make and bake cake mix as directed on box for 9-inch round pans. Cool 10 minutes.
- Remove from pans to cooling racks. Cool completely, about 1 hour.
- In 3-quart heavy saucepan, mix sugar, butter, milk and egg yolks.
- Heat to simmering over medium heat, stirring frequently. Cook 9 to 10 minutes, stirring occasionally, until thickened.
- Remove from heat. Stir in coconut, pecans and vanilla. Cool completely, about 1 hour.
- Cut each cake layer horizontally into 2 layers. On serving plate, place 1 cake layer, cut side up.
- Spread with about 1 1/3 cups filling; top with second layer.
- Spread about 1 1/3 cups filling on top; top with third cake layer.
- Spread with remaining filling.
- With serrated knife, cut remaining cake layer into 1 1/2-inch-wide strips.
- Cut strips into irregular pieces.
- Place cake pieces randomly over filling to cover top of cake, pressing gently into cake and fitting snugly together. Refrigerate cake several hours before serving, if desired.
- In small microwavable bowl, place frosting. Microwave uncovered on High 10 to 15 seconds or until thin enough to drizzle.
- Drizzle over top of cake. Store loosely covered in refrigerator.

Nutrition Facts

PROTEIN 3.71% FAT 61.4% CARBS 34.89%

Properties

Glycemic Index:8.13, Glycemic Load:13.15, Inflammation Score:-3, Nutrition Score:8.6234781690266%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 482.74kcal (24.14%), Fat: 34.31g (52.79%), Saturated Fat: 16.39g (102.45%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 40.27g (14.64%), Sugar: 38.81g (43.13%), Cholesterol: 77.64mg (25.88%), Sodium: 149.84mg (6.51%), Alcohol: 0.26g (100%), Alcohol %: 0.3% (100%), Protein: 4.67g (9.34%), Manganese: 1.03mg (51.39%), Copper: 0.33mg (16.38%), Phosphorus: 149mg (14.9%), Fiber: 3.58g (14.34%), Magnesium: 39.23mg (9.81%), Selenium: 6.27µg (8.95%), Zinc: 1.23mg (8.19%), Vitamin B1: 0.12mg (7.97%), Calcium: 79.15mg (7.92%), Vitamin B2: 0.13mg (7.87%), Vitamin A: 389.53IU (7.79%), Iron: 1.34mg (7.44%), Vitamin E: 1.08mg (7.23%), Potassium: 252.14mg (7.2%), Vitamin B5: 0.51mg (5.07%), Vitamin B6: 0.09mg (4.71%), Folate: 12.99µg (3.25%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.26µg (1.76%), Vitamin B3: 0.32mg (1.59%), Vitamin K: 1.42µg (1.35%)