



German Chocolate Picnic Cake

 Dairy Free

READY IN



85 min.

SERVINGS



9

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1.7 cups german chocolate
- ☐ 0.5 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 2 eggs
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup oats
- ☐ 0.3 cup butter softened

- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

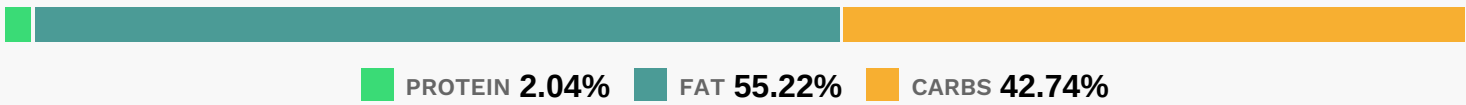
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 8- or 9-inch square pan with baking spray with flour.
- ☐ In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter into pan.
- ☐ In medium bowl, stir topping ingredients until crumbly, using hands if necessary.
- ☐ Sprinkle evenly over batter in pan.
- ☐ Bake 31 to 37 minutes or until toothpick inserted in center of cake comes out clean. Cool at least 30 minutes before serving.
- ☐ Serve warm or cool. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:21.11, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:4.1756521834304%

Nutrients (% of daily need)

Calories: 436.65kcal (21.83%), Fat: 26.31g (40.48%), Saturated Fat: 10.11g (63.16%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 45.28g (16.47%), Sugar: 33.71g (37.45%), Cholesterol: 36.37mg (12.12%), Sodium: 77.72mg

(3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Iron: 4.01mg (22.27%), Vitamin K: 11.29µg (10.75%), Manganese: 0.18mg (9.09%), Selenium: 5.59µg (7.99%), Vitamin A: 278.9IU (5.58%), Vitamin E: 0.81mg (5.42%), Vitamin B2: 0.07mg (4.39%), Phosphorus: 38.84mg (3.88%), Vitamin B1: 0.05mg (3.66%), Folate: 14.27µg (3.57%), Vitamin B5: 0.23mg (2.26%), Calcium: 21.93mg (2.19%), Fiber: 0.53g (2.11%), Magnesium: 7.96mg (1.99%), Zinc: 0.28mg (1.85%), Copper: 0.03mg (1.72%), Vitamin B3: 0.33mg (1.66%), Vitamin B12: 0.09µg (1.56%), Potassium: 49.13mg (1.4%), Vitamin B6: 0.03mg (1.38%), Vitamin D: 0.2µg (1.3%)