



German Chocolate Pound Cake

READY IN



45 min.

SERVINGS



10

CALORIES



730 kcal

DESSERT

Ingredients

- ☐ 4 ounce chocolate baking bar sweet
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 5 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 3 cups sugar
- ☐ 1.5 teaspoons vanilla extract

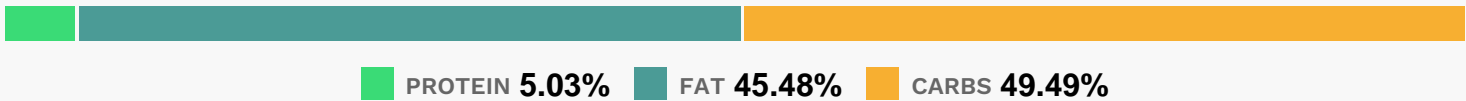
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave chocolate in a 1-quart microwave-safe bowl at HIGH 1 1/2 minutes, stirring twice.
- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in melted chocolate.
- ☐ Combine flour, baking powder, and salt; add to butter mixture, alternately with milk, beginning and ending with flour mixture. Stir in extracts. Fold in chopped pecans, if desired.
- ☐ Pour into a greased and floured 10-inch tube pan.
- ☐ Bake at 300 for 1 hour and 30 to 45 minutes or until a wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on wire rack.
- ☐ Spread top and sides of cake with Chocolate Frosting.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:63.12, Inflammation Score:-7, Nutrition Score:13.958260932532%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 730.47kcal (36.52%), Fat: 38.17g (58.73%), Saturated Fat: 11.32g (70.73%), Carbohydrates: 93.47g (31.16%), Net Carbohydrates: 90.57g (32.94%), Sugar: 61.43g (68.25%), Cholesterol: 95.93mg (31.98%), Sodium: 422.04mg (18.35%), Alcohol: 0.21g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.07mg (3.02%), Protein: 9.49g (18.98%), Manganese: 0.74mg (37.02%), Selenium: 22.13µg (31.62%), Iron: 4.23mg (23.52%), Vitamin B1: 0.34mg (22.61%), Copper: 0.44mg (22.18%), Vitamin B2: 0.36mg (21.46%), Folate: 83.78µg (20.94%), Vitamin A: 986.51IU (19.73%), Phosphorus: 174.02mg (17.4%), Magnesium: 52.12mg (13.03%), Vitamin B3: 2.42mg (12.1%), Zinc: 1.78mg (11.89%), Fiber: 2.9g (11.58%), Vitamin E: 1.67mg (11.16%), Calcium: 92.24mg (9.22%), Vitamin B5: 0.75mg (7.47%), Vitamin K: 6.81µg (6.49%), Vitamin B12: 0.38µg (6.28%), Potassium: 217.07mg (6.2%), Vitamin D: 0.77µg (5.12%), Vitamin B6: 0.08mg (3.96%)