



## German Chocolate Sheet Cake

 Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

### Ingredients

- 1 box german chocolate
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.5 cup coconut flakes flaked
- 0.5 cup pecans chopped
- 0.5 cup butter softened
- 1 lb powdered sugar (4 cups)
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla

0.3 cup milk

## Equipment

bowl

frying pan

oven

wire rack

hand mixer

## Directions

Heat oven to 350°F (325°F for dark or nonstick pan). Spray 15x10x1-inch pan with cooking spray.

Make cake mix as directed on box, using water, oil and eggs.

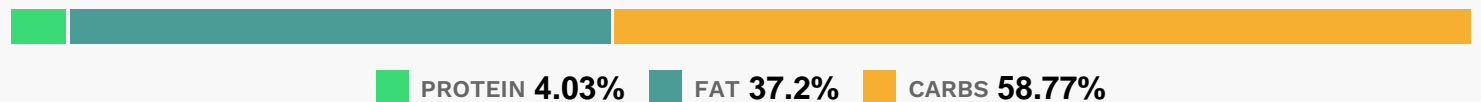
Pour into pan.

Bake 15 minutes.

Set oven control to broil. In medium bowl, mix condensed milk, coconut and pecans; spread over warm cake. Broil on lowest oven rack about 2 minutes or until golden. Cool completely in pan on cooling rack, about 1 hour.

In large bowl, beat butter, powdered sugar, cocoa and vanilla with electric mixer on medium speed until blended. Gradually add milk, beating until frosting is smooth and spreadable. Frost cake. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.54, Glycemic Load:5.56, Inflammation Score:-2, Nutrition Score:2.8900000187366%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 193.46kcal (9.67%), Fat: 8.31g (12.78%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 28.58g (10.39%), Sugar: 27.93g (31.03%), Cholesterol: 6.03mg (2.01%), Sodium: 68.19mg (2.96%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.03g (4.05%), Manganese: 0.2mg (9.94%), Phosphorus: 65.07mg (6.51%), Calcium: 56.34mg (5.63%), Vitamin B2: 0.09mg (5.09%), Selenium: 3.21µg (4.59%), Copper: 0.09mg (4.53%), Vitamin A: 220.08IU (4.4%), Magnesium: 15.17mg (3.79%), Fiber: 0.95g (3.79%), Potassium: 106.13mg (3.03%), Zinc: 0.39mg (2.61%), Vitamin B1: 0.03mg (2.28%), Iron: 0.33mg (1.82%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.1µg (1.6%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.02mg (1.12%)