



German Chocolate Slice 'n' Bakes

 Vegetarian

READY IN



45 min.

SERVINGS



84

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce bar baking chocolate sweet cooled melted
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1.5 cups coconut or flaked
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 84 servings milk

- ☐ 1.5 cups pecans finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

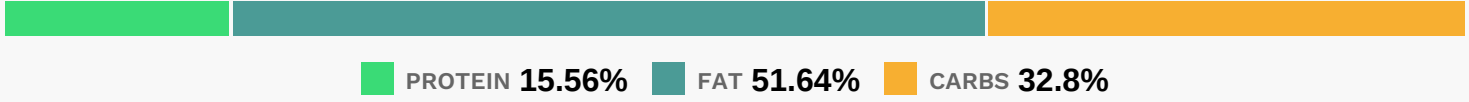
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ Spread coconut in a shallow layer in a 15" x 10" jellyroll pan.
- ☐ Bake at 350 for 13 to 14 minutes or until toasted and dry, stirring once. Cool and transfer coconut to a small zip-top plastic bag. Finely crush coconut, and set aside.
- ☐ Beat butter at medium speed of an electric mixer until creamy. Gradually add sugar, beating until light and fluffy.
- ☐ Add chocolate; beat well.
- ☐ Add egg and vanilla; beat well.
- ☐ Combine flour, baking powder, soda, and salt; add to butter mixture, beating until blended. Stir in half of coconut.
- ☐ Divide dough into thirds; place on 3 large sheets of plastic wrap.
- ☐ Roll each portion lengthwise in plastic wrap, and shape into a 10" log. Cover with plastic wrap, and chill logs 30 minutes. Reroll logs, if necessary.
- ☐ Combine remaining coconut and pecans. Unwrap logs; brush lightly with milk, and roll in pecan-coconut mixture, pressing firmly to make coating adhere. Wrap in plastic wrap and freeze logs at least 8 hours.

- ☐
- Cut into 1/4" slices, using a sharp knife.
- ☐
- Place 1" apart on ungreased cookie sheets.
- ☐
- Bake at 375 for 8 to 9 minutes or until edges are browned. Cool 1 minute on cookie sheets; remove to wire racks, and cool completely.

Nutrition Facts



Properties

Glycemic Index:3.99, Glycemic Load:8.9, Inflammation Score:-4, Nutrition Score:9.8239129802779%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 224.31kcal (11.22%), Fat: 13.19g (20.29%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 18.09g (6.58%), Sugar: 15.52g (17.25%), Cholesterol: 37.3mg (12.43%), Sodium: 123.71mg (5.38%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 8.94g (17.89%), Calcium: 307.62mg (30.76%), Phosphorus: 267.25mg (26.72%), Vitamin B12: 1.33µg (22.12%), Vitamin B2: 0.36mg (21.46%), Vitamin D: 2.7µg (17.97%), Vitamin B1: 0.18mg (12.13%), Potassium: 399.03mg (11.4%), Manganese: 0.22mg (11.05%), Vitamin B5: 0.97mg (9.7%), Magnesium: 38.38mg (9.59%), Selenium: 6.59µg (9.42%), Vitamin A: 467.12IU (9.34%), Zinc: 1.29mg (8.57%), Vitamin B6: 0.16mg (8.03%), Copper: 0.09mg (4.38%), Fiber: 0.76g (3.04%), Iron: 0.53mg (2.92%), Vitamin B3: 0.53mg (2.64%), Folate: 8.11µg (2.03%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.14µg (1.08%)