



German Chocolate Snack Cakes

READY IN



140 min.

SERVINGS



15

CALORIES



417 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 8 oz cream cheese softened
- 4 large eggs divided
- 18.3 oz german chocolate cake mix
- 0.5 cup pecans chopped
- 16 oz powdered sugar

Equipment

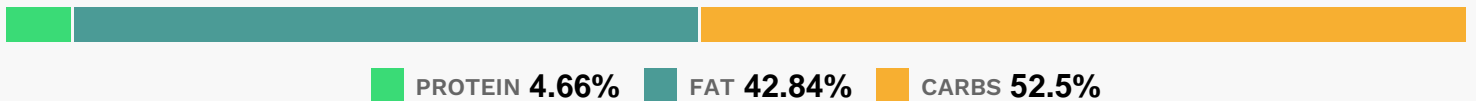
- frying pan

- oven
- hand mixer
- cutting board

Directions

- Preheat oven to 35
- Arrange pecans in a single layer in a shallow pan.
- Bake pecans 5 to 7 minutes or until lightly toasted and fragrant.
- Remove from oven. Reduce oven temperature to 30
- Stir together cake mix, pecans, 1 egg, and butter; press mixture into bottom of a lightly greased 13- x 9-inch pan.
- Beat powdered sugar, softened cream cheese, and remaining 3 eggs at medium speed with an electric mixer until smooth. Spoon powdered sugar mixture over batter in pan, spreading to edges.
- Bake at 300 for 1 hour.
- Let cake cool completely (about 1 hour).
- Remove cake from pan to a cutting board, and cut into 2 1/2- to 3-inch squares.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:6.2895652854248%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 416.6kcal (20.83%), Fat: 20.6g (31.7%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 55.62g (20.23%), Sugar: 43.55g (48.39%), Cholesterol: 81.14mg (27.05%), Sodium: 400.23mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 5.04g (10.08%), Phosphorus: 147.59mg (14.76%), Selenium: 10.07µg (14.38%), Manganese: 0.25mg (12.35%), Iron: 1.91mg (10.63%), Copper: 0.2mg (9.8%), Vitamin B2: 0.16mg (9.64%), Vitamin A: 467.22IU (9.34%), Calcium: 78.53mg (7.85%), Folate: 30.04µg (7.51%), Vitamin B1: 0.09mg (6.12%), Magnesium: 23.72mg (5.93%), Vitamin E: 0.88mg (5.86%), Potassium: 169.5mg (4.84%), Fiber: 1.18g (4.71%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.38mg (3.77%), Vitamin B3: 0.62mg (3.11%), Vitamin B12: 0.16µg (2.75%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 2.33µg (2.21%), Vitamin D: 0.27µg (1.78%)