



German Chocolate Surprise Cake

READY IN



70 min.

SERVINGS



8

CALORIES



563 kcal

DESSERT

Ingredients

- 1 cup pecans chopped
- 0.5 cup brown sugar packed
- 0.5 cup coconut flakes flaked
- 0.3 cup butter melted
- 2 oz baker's chocolate sweet
- 0.3 cup water
- 1 cup granulated sugar
- 0.5 cup butter softened
- 1 teaspoon vanilla

- 2 eggs
- 1.3 cups self raising flour
- 0.5 cup milk

Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks
- cake form
- microwave

Directions

- Heat oven to 350°F. In ungreased 9-inch round cake pan, mix topping ingredients.
- Spread evenly in pan.
- In small microwavable bowl, microwave chocolate and 1/4 cup water on High 1 minute to 1 minute 30 seconds or until chocolate is melted. Stir to blend.
- In medium bowl, beat granulated sugar and 1/2 cup butter with electric mixer on medium speed until light and fluffy. Beat in vanilla and eggs until well blended. On low speed, beat in 3/4 cup of the flour and the milk.
- Add remaining 1/2 cup flour; beat well. Stir in chocolate mixture until blended.
- Pour batter over topping in pan.
- Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Run knife around edge of cake to loosen.
- Place serving plate upside down over cake in pan; turn plate and pan over.
- Remove pan.
- Serve warm or cool.

Nutrition Facts

PROTEIN 4.74% FAT 55.18% CARBS 40.08%

Properties

Glycemic Index:23.14, Glycemic Load:26.96, Inflammation Score:-6, Nutrition Score:10.886086861724%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 10.16mg, Epicatechin: 10.16mg, Epicatechin: 10.16mg, Epicatechin: 10.16mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 563.06kcal (28.15%), Fat: 36.02g (55.41%), Saturated Fat: 10.4g (65.03%), Carbohydrates: 58.87g (19.62%), Net Carbohydrates: 55.05g (20.02%), Sugar: 40.18g (44.65%), Cholesterol: 42.75mg (14.25%), Sodium: 230.67mg (10.03%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 5.67mg (1.89%), Protein: 6.96g (13.93%), Manganese: 1.22mg (61.18%), Copper: 0.49mg (24.41%), Selenium: 13.81µg (19.73%), Vitamin A: 853.36IU (17.07%), Fiber: 3.82g (15.28%), Phosphorus: 138.64mg (13.86%), Magnesium: 54.49mg (13.62%), Iron: 2.23mg (12.41%), Zinc: 1.78mg (11.9%), Vitamin B1: 0.13mg (8.95%), Vitamin B2: 0.13mg (7.43%), Vitamin E: 1.1mg (7.36%), Potassium: 229.59mg (6.56%), Calcium: 64.25mg (6.42%), Vitamin B5: 0.52mg (5.19%), Vitamin B6: 0.09mg (4.47%), Folate: 17.43µg (4.36%), Vitamin B12: 0.2µg (3.36%), Vitamin B3: 0.53mg (2.65%), Vitamin D: 0.39µg (2.59%), Vitamin K: 1.32µg (1.25%)