

Hurricane Cake

 Popular

READY IN



65 min.

SERVINGS



15

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 3.8 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 18.3 ounce german chocolate cake mix
- ☐ 0.5 cup butter
- ☐ 1 cup pecans chopped

Equipment

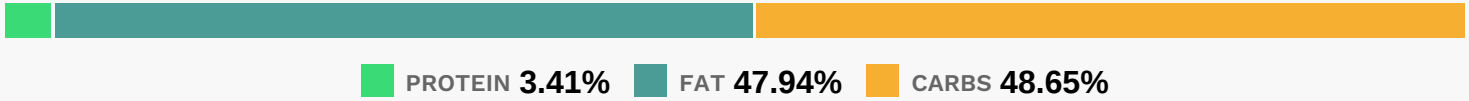
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Melt and spread 1/2 cup margarine in the bottom of a 9x13 inch pan.
- ☐ Sprinkle coconut and pecans evenly over the bottom of pan; set aside.
- ☐ Prepare cake mix as directed on package.
- ☐ Pour batter over coconut and pecans in pan. In a saucepan over low heat, melt cream cheese and 1/2 cup margarine. Stir in confectioners' sugar until mixture is smooth. Spoon cream cheese mixture randomly over top of cake batter.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool and serve from the pan.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:6.9865217688291%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 459.26kcal (22.96%), Fat: 25.56g (39.33%), Saturated Fat: 9.14g (57.09%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 55.92g (20.34%), Sugar: 43.82g (48.69%), Cholesterol: 15.27mg (5.09%), Sodium: 406.08mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 4.09g (8.18%),

Manganese: 0.56mg (28.12%), Phosphorus: 142.85mg (14.28%), Copper: 0.28mg (13.75%), Iron: 1.96mg (10.88%), Selenium: 7.08µg (10.12%), Fiber: 2.45g (9.8%), Vitamin A: 478.82IU (9.58%), Magnesium: 31.69mg (7.92%), Vitamin B1: 0.11mg (7.62%), Calcium: 75.53mg (7.55%), Vitamin B2: 0.11mg (6.68%), Folate: 24.93µg (6.23%), Vitamin E: 0.87mg (5.83%), Potassium: 198.12mg (5.66%), Zinc: 0.8mg (5.32%), Vitamin B3: 0.69mg (3.43%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.25mg (2.47%), Vitamin K: 1.9µg (1.81%)