



## Laurie Lundy Cake

READY IN



45 min.

SERVINGS



15

CALORIES



452 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 1 cup coconut or flaked
- 3.5 cups confectioners' sugar
- 8 ounce cream cheese
- 18.3 ounce german chocolate cake mix
- 1 cup walnuts

### Equipment

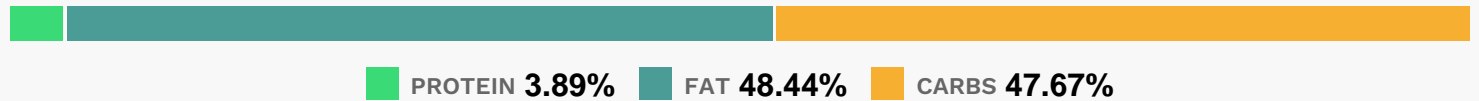
- sauce pan

- oven
- baking pan

## Directions

- Mix cake as directed on box.
- Spread nuts and then coconut on the bottom of a greased 9 x 13 inch pan.
- Pour cake batter over coconut.
- Combine cream cheese and butter or margarine in a saucepan.
- Heat over low heat until melted. Stir in confectioners' sugar, and spoon over batter.
- Bake at 350 degrees F (175 degrees C) for 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.47, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:6.9617391351772%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

## Nutrients (% of daily need)

Calories: 452.13kcal (22.61%), Fat: 25.46g (39.17%), Saturated Fat: 11.79g (73.69%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 54.1g (19.67%), Sugar: 41.79g (46.43%), Cholesterol: 31.54mg (10.51%), Sodium: 383.5mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 4.6g (9.21%), Manganese: 0.5mg (25.08%), Copper: 0.31mg (15.59%), Phosphorus: 149.78mg (14.98%), Iron: 2mg (11.12%), Selenium: 7.25µg (10.36%), Fiber: 2.27g (9.1%), Magnesium: 35.15mg (8.79%), Vitamin A: 394.74IU (7.89%), Folate: 31.13µg (7.78%), Calcium: 77.62mg (7.76%), Vitamin B2: 0.12mg (6.78%), Vitamin B1: 0.09mg (6.17%), Potassium: 201.33mg (5.75%), Vitamin E: 0.77mg (5.12%), Zinc: 0.72mg (4.77%), Vitamin B6: 0.08mg (4.05%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.23mg (2.31%), Vitamin K: 2.39µg (2.27%)