



Light German Chocolate Cake

READY IN



80 min.

SERVINGS



18

CALORIES



330 kcal

DESSERT

Ingredients

- 2 tablespoons apple cider vinegar
- 2 teaspoons baking soda
- 0.3 cup cocoa powder unsweetened
- 2 tablespoons cornstarch
- 4 large egg whites
- 12 ounce evaporated milk fat-free well canned
- 3.3 cups flour all-purpose
- 4 ounce german chocolate sweet chopped
- 0.5 cup brown sugar light packed

- 1 cup yogurt plain low-fat
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 cups sugar
- 0.5 cup coconut sweetened flaked
- 2 tablespoons butter unsalted at room temperature
- 0.5 teaspoon vanilla extract pure
- 2 teaspoons vanilla extract pure
- 0.7 cup vegetable oil
- 0.5 cup water boiling

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- toothpicks

Directions

- Place a rack in middle of oven and preheat to 35
- Coat two 9- x 1 1/2-inch round cake pans with cooking spray. Line bottoms with parchment paper and spray the parchment.
- Place chocolate in a medium bowl, add boiling water, and whisk until smooth.
- Add yogurt, oil, vinegar, and vanilla to chocolate mixture and whisk until combined.
- Add egg whites; whisk until smooth.
- In a large bowl, combine the next 5 dry ingredients (through salt).

- Pour chocolate mixture into flour mixture and whisk just until combined. Divide batter between the prepared pans. Tap pans lightly on a work surface to pop any air bubbles.
- Bake for 30–35 minutes, until a wooden toothpick inserted in the centers of the cakes comes out clean (leave oven on). Cool in pans on wire racks for 15 minutes. Turn the cakes out of the pans, remove the parchment, and cool completely.
- Spread the pecans and coconut on a large baking sheet and toast in the oven, stirring once, until lightly browned (10–12 minutes); set aside.
- Whisk together evaporated milk and cornstarch in a small, heavy saucepan.
- Heat over medium–high heat and cook, whisking constantly, until thick and foamy (it will happen almost all at once), about 4 minutes.
- Whisk in sugar, butter, vanilla, and salt; cook for 3 1/2 minutes, until thickened.
- Transfer to a bowl and cool to room temperature. Stir in coconut and pecans before frosting.
- Place 1 cake layer on a platter and spread half the frosting over top of cake.
- Add the remaining cake layer and spread with the remaining frosting over top. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:27.99, Inflammation Score:-3, Nutrition Score:6.7547826572605%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 329.73kcal (16.49%), Fat: 9.84g (15.13%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 55.52g (18.51%), Net Carbohydrates: 53.93g (19.61%), Sugar: 35.29g (39.21%), Cholesterol: 9.64mg (3.21%), Sodium: 270.31mg (11.75%), Alcohol: 0.19g (100%), Alcohol %: 0.2% (100%), Protein: 5.74g (11.48%), Manganese: 0.37mg (18.61%), Selenium: 10.92µg (15.6%), Vitamin B2: 0.25mg (14.41%), Vitamin B1: 0.21mg (14.25%), Folate: 45.83µg (11.46%), Iron: 1.93mg (10.72%), Phosphorus: 103.86mg (10.39%), Calcium: 88.16mg (8.82%), Vitamin B3: 1.48mg (7.4%), Copper:

0.13mg (6.72%), Fiber: 1.58g (6.33%), Magnesium: 24.28mg (6.07%), Potassium: 175.34mg (5.01%), Zinc: 0.67mg (4.47%), Vitamin B5: 0.36mg (3.56%), Vitamin K: 3.42µg (3.26%), Vitamin B12: 0.12µg (1.93%), Vitamin B6: 0.04mg (1.88%), Vitamin A: 92.68IU (1.85%), Vitamin E: 0.26mg (1.73%)