



Mama's German Chocolate Cake

 Vegetarian

READY IN



228 min.

SERVINGS



12

CALORIES



472 kcal

DESSERT

Ingredients

- 8 oz chocolate baking bars sweet
- 1 teaspoon baking soda
- 1 cup butter softened
- 1 cup buttermilk
- 4 large eggs separated
- 2 cups flour all-purpose
- 1 halves garnish: chocolate-dipped pecan toasted
- 0.3 teaspoon salt

- 2 cups sugar
- 1 teaspoon vanilla extract

Equipment

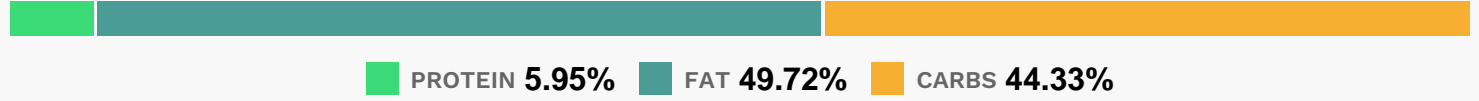
- bowl
- baking paper
- oven
- knife
- hand mixer
- microwave

Directions

- Preheat oven to 350
- Lightly grease 3 (9-inch) round cake pans; line bottoms with parchment paper, and lightly grease paper.
- Microwave chocolate baking bars and 1/2 cup water in a large microwave-safe bowl at HIGH for 1 to 1 1/2 minutes or until chocolate is melted and smooth, stirring once halfway through.
- Combine flour and next 2 ingredients in a medium bowl.
- Beat butter and sugar at medium speed with an electric mixer until fluffy.
- Add egg yolks, 1 at a time, beating just until blended after each addition. Stir in chocolate mixture and vanilla.
- Add flour mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- Beat egg whites at high speed until stiff peaks form; gently fold into batter.
- Pour batter into prepared pans.
- Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean.
- Remove from oven, and gently run a knife around outer edge of cake layers to loosen from sides of pans. Cool in pans on wire racks 15 minutes.
- Remove from pans to wire racks; discard parchment paper. Cool completely (about 1 hour).
- Spread Coconut-Pecan Frosting between layers and on top and sides of cake.

- Garnish, if desired.
- Note: We tested with
- Baker's German's Sweet Chocolate Bar.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:35.08, Inflammation Score:-6, Nutrition Score:12.503043433894%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 12.17mg, Catechin: 12.17mg, Catechin: 12.17mg, Catechin: 12.17mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 472.49kcal (23.62%), Fat: 27.87g (42.88%), Saturated Fat: 16.78g (104.87%), Carbohydrates: 55.9g (18.63%), Net Carbohydrates: 52.19g (18.98%), Sugar: 34.59g (38.43%), Cholesterol: 104.87mg (34.96%), Sodium: 311.26mg (13.53%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 15.12mg (5.04%), Protein: 7.5g (15.01%), Manganese: 0.94mg (47.13%), Copper: 0.66mg (33.1%), Iron: 4.58mg (25.43%), Selenium: 14.84µg (21.21%), Magnesium: 70.95mg (17.74%), Phosphorus: 152.98mg (15.3%), Zinc: 2.28mg (15.22%), Fiber: 3.71g (14.84%), Vitamin B2: 0.25mg (14.45%), Vitamin B1: 0.21mg (13.94%), Folate: 52.84µg (13.21%), Vitamin A: 595.79IU (11.92%), Vitamin B3: 1.53mg (7.64%), Potassium: 235.35mg (6.72%), Calcium: 59.57mg (5.96%), Vitamin E: 0.72mg (4.78%), Vitamin B5: 0.48mg (4.76%), Vitamin B12: 0.27µg (4.54%), Vitamin D: 0.59µg (3.96%), Vitamin K: 3.33µg (3.18%), Vitamin B6: 0.05mg (2.54%)