



So-Easy German Chocolate Cake

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



124 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar packed
- 19.5 oz brownie mix
- 0.3 cup butter ()
- 4 oz philadelphia cream cheese cubed ()
- 1 cup baker's angel flake coconut
- 1 cup planters pecan pieces

Equipment

- frying pan

- sauce pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350F. Prepare brownie mix as directed on package for cake-like brownies.
- Pour batter into greased 13x9-inch baking pan.
- Place butter and cream cheese in small saucepan; cook on medium heat until cream cheese is completely melted and mixture is well blended, stirring frequently. Stir in brown sugar.
- Add coconut and pecans; mix well. (
- Mixture will be thick.) Drop spoonfuls of the cream cheese mixture over brownie batter in pan.
- Bake 30 min. or until toothpick inserted in center comes out clean. Cool 1 hour. Store leftover cake in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.339999983816%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 124.35kcal (6.22%), Fat: 7.13g (10.97%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 13.95g (5.07%), Sugar: 9.89g (10.99%), Cholesterol: 5.91mg (1.97%), Sodium: 59.94mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.18mg (9.15%), Iron: 0.55mg (3.06%), Copper: 0.05mg (2.57%), Fiber: 0.61g (2.43%), Phosphorus: 15.41mg (1.54%), Vitamin A: 75.05IU (1.5%), Magnesium:

5.74mg (1.44%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.18mg (1.22%), Selenium: 0.79µg (1.13%)