



Willard Family German Chocolate Cake

READY IN



140 min.

SERVINGS



10

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour sifted
- ☐ 4 ounce baking chocolate – broken into pieces sweet chocolate® (such as Baker's German's)
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 3 egg yolks
- ☐ 4 eggs separated
- ☐ 1 cup evaporated milk
- ☐ 0.3 cup butter
- ☐ 1 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups flake coconut sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water boiling
- ☐ 1 cup sugar white

Equipment

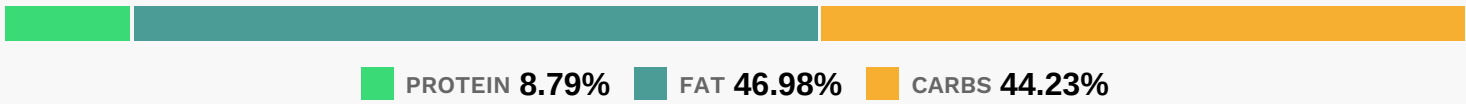
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 8-inch cake pans and line bottoms with parchment paper.
- ☐ Place the chunks of chocolate into the boiling water and stir until the chocolate has melted; set aside to cool. In a large bowl, beat 1 cup of softened margarine with 2 cups of sugar with an electric mixer until light and fluffy. Stir in 4 egg yolks, one at a time, beating well after each addition. Beat in 1 teaspoon of vanilla extract and the chocolate-water mixture until thoroughly blended.
- ☐ Sift the flour, baking soda, and salt into a bowl. Beat the flour mixture into the liquid ingredients, alternating with buttermilk, in 3 or 4 additions. Beat until batter is smooth, about 1 minute.
- ☐ In a metal or glass bowl, beat the reserved egg whites until they hold stiff peaks when the beaters are lifted straight up. Gently fold the beaten egg whites into the batter, keeping as much volume as possible.
- ☐ Pour the batter into the prepared cake pans.
- ☐ Bake in the preheated oven until the cakes have browned lightly and a toothpick inserted into the center of a cake comes out clean, 35 to 40 minutes. Allow the cakes to cool in pans before removing.

- ☐ To make frosting, pour the evaporated milk into a large saucepan, and mix in 1 cup of sugar, 3 egg yolks, 1/4 cup of margarine, and 1 teaspoon of vanilla extract. Bring to a boil, reduce heat to medium, and cook until thickened, stirring constantly, about 12 minutes.
- ☐ Remove from heat, and mix in the coconut and pecans, beating the frosting until cooled and spreadable. Frost and fill the cake with the coconut frosting.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:31.62, Inflammation Score:-6, Nutrition Score:16.745217406231%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 8.08mg, Catechin: 8.08mg, Catechin: 8.08mg, Catechin: 8.08mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 16.17mg, Epicatechin: 16.17mg, Epicatechin: 16.17mg, Epicatechin: 16.17mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 507.97kcal (25.4%), Fat: 27.7g (42.61%), Saturated Fat: 11.01g (68.81%), Carbohydrates: 58.66g (19.55%), Net Carbohydrates: 53.77g (19.55%), Sugar: 28.6g (31.78%), Cholesterol: 133.74mg (44.58%), Sodium: 395.2mg (17.18%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Caffeine: 9.07mg (3.02%), Protein: 11.66g (23.32%), Manganese: 1.3mg (64.86%), Selenium: 23.77µg (33.95%), Copper: 0.61mg (30.32%), Vitamin B1: 0.38mg (25.06%), Phosphorus: 249.43mg (24.94%), Vitamin B2: 0.42mg (24.57%), Iron: 4.39mg (24.4%), Folate: 82.53µg (20.63%), Fiber: 4.89g (19.58%), Magnesium: 74.09mg (18.52%), Zinc: 2.53mg (16.84%), Calcium: 137.58mg (13.76%), Vitamin B3: 2.29mg (11.47%), Potassium: 355.49mg (10.16%), Vitamin A: 481.83IU (9.64%), Vitamin B5: 0.95mg (9.54%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 0.98µg (6.54%), Vitamin B6: 0.11mg (5.69%), Vitamin E: 0.77mg (5.16%), Vitamin K: 1.89µg (1.8%)