

Sugar alcohols: read the ingredient, not just the name

Different from beverage alcohol

Sugar alcohols are a class of sweeteners. The FDA distinguishes them from the type of alcohol found in alcoholic beverages. Examples include sorbitol, xylitol and maltitol.

Read the whole product label

A sugar-free claim does not establish halal certification or describe every ingredient in a food. Check the complete ingredient list, the exact product and any applicable certification. Ask the manufacturer when a source is unclear.

Glycerin and its source

Glycerin, also called glycerol, can be obtained from vegetable oils or animal fats. Biodiesel production is one process that produces glycerin as a co-product. Its ingredient name alone does not identify the raw-material source; check the exact formulation with the manufacturer.

Nutrition and dietary needs

Use the Nutrition Facts label to compare products. Sugar-free does not mean that every ingredient or nutrition characteristic meets your individual requirements.

Primary sources

[FDA: How Sweet It Is - All About Sweeteners](#)

[FDA: glycerin co-products from oils and fats](#)

Sources checked October 17, 2026.

[German chocolate cake recipe](#)

SPOTLIGHT HALAL RECIPE: GERMAN CHOCOLATE CAKE

German Chocolate Cake is a deliciously rich cake made with baking chocolate, coconut and pecans. The first published recipe for German's chocolate cake showed up in a Dallas newspaper in 1957 and came from a Texas homemaker. This is the grass-roots recipe that swept the country to become a classic.

YOU'LL NEED...

- ½ cup boiling water
- 1 bar (4 oz.) sweet cooking chocolate,
or 12 tbsps. unsweetened cocoa mixed with 3 tbsps. vegetable shortening
- 1 cup (2 sticks) butter, softened
- 2 cups sugar
- 4 egg yolks
- 1 teas. powdered vanilla, artificial vanillin or vanilla sugar
- 2½ cups cake flour
or 2¼ cups all-purpose flour
- 1 teas. baking soda
- ½ teas. salt
- 1 cup buttermilk
- 4 egg whites, stiffly beaten
- Coconut-Pecan Frosting (below)



German Chocolate Cake

COCONUT-PECAN FROSTING

- 1 cup evaporated milk
- 1 cup sugar
- 3 egg yolks
- ½ cup butter
- 1 teas. vanilla powder, vanillin or vanilla sugar
- 1 ½ cups flaked coconut
- 1 cup chopped pecans

DIRECTIONS

1. HEAT oven to 350° F. Grease and flour two 9-inch round pans.
2. POUR boiling water over chocolate (or cocoa-shortening mixture) in a small bowl to melt.
3. CREAM butter and sugar together in large mixer bowl until light and fluffy.
4. ADD egg yolks one at a time, beating after each addition. Reserve whites in a bowl.
5. BLEND IN chocolate and vanilla on low speed.
6. MIX IN flour, baking soda and salt, alternately with buttermilk. Beat after each addition until batter is smooth.
7. FOLD IN egg whites.
8. DIVIDE batter among pans.
9. BAKE 30 to 35 minutes or until top springs back when touched lightly with finger.
10. COOL.
11. PREPARE Coconut-Pecan Frosting:
12. COMBINE evaporated milk, sugar, egg yolks, butter and vanilla in small saucepan.
13. COOK and stir over medium heat until thick, about 12 minutes. Remove from heat.
14. STIR in coconut and pecans until thick enough to spread.
15. FILL layers and frost top of cake with Coconut-Pecan Frosting.