



Chocolate Cake And Cream Shots

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- 3.4 oz chocolate cake mix betty warm delights®
- 24 raspberries fresh
- 0.3 cup water
- 0.5 cup non-dairy whipped topping frozen thawed

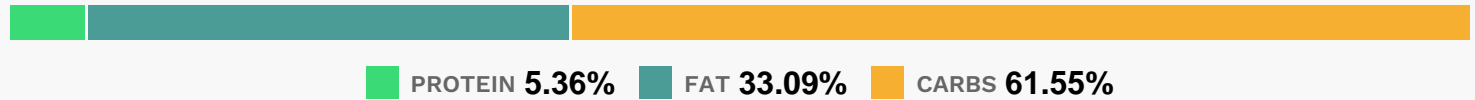
Equipment

- microwave

Directions

- Make cake mix in microwave as directed on box, using 1/4 cup water. Refrigerate until cool, about 5 to 10 minutes.
- Divide cake into 6 portions; spoon 1 portion into each of 6 (1- to 2-oz) shot glasses. Top each with 3 raspberries, a spoonful of whipped topping and remaining raspberries.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.0995652163806%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 85.91kcal (4.3%), Fat: 3.34g (5.14%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.08g (4.76%), Sugar: 7.89g (8.77%), Cholesterol: 0.13mg (0.04%), Sodium: 135.66mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Phosphorus: 49.68mg (4.97%), Manganese: 0.09mg (4.44%), Iron: 0.77mg (4.3%), Copper: 0.07mg (3.64%), Fiber: 0.9g (3.6%), Calcium: 30.48mg (3.05%), Selenium: 2.13µg (3.04%), Folate: 11.68µg (2.92%), Vitamin C: 2.1mg (2.54%), Magnesium: 9.74mg (2.43%), Vitamin B1: 0.03mg (2.05%), Potassium: 70.63mg (2.02%), Vitamin B2: 0.03mg (2%), Vitamin E: 0.28mg (1.84%), Vitamin B3: 0.31mg (1.54%), Vitamin K: 1.43µg (1.36%), Zinc: 0.17mg (1.12%)