

Chocolate Cream Torte

READY IN



45 min.

SERVINGS



16

CALORIES



328 kcal

DESSERT

Ingredients

- 3 tablespoons cocoa powder
- 0.3 cup butter softened
- 2 cups powdered sugar
- 8 ounces cream cheese softened
- 1 package chocolate cake mix (regular size)
- 1.5 cups cup heavy whipping cream
- 2 teaspoons vanilla extract

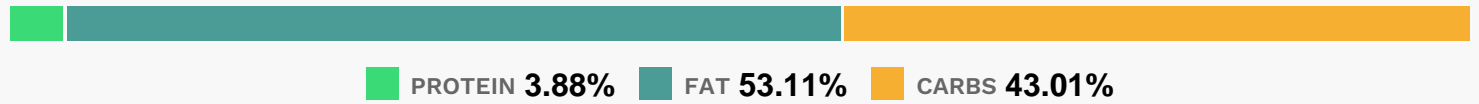
Equipment

- bowl
- oven
- baking pan

Directions

- Prepare and bake cake according to package directions, using two greased and floured 9-in. round baking pans. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- In a large bowl, beat cream until it begins to thicken.
- Add confectioners' sugar; beat until stiff peaks form. In another bowl, beat cream cheese and butter until smooth. Gradually beat in confectioners' sugar, cocoa and vanilla.
- Cut each cake horizontally into two layers.
- Place bottom layer on a serving plate; top with a third of the whipping cream. Repeat layers twice. Top with remaining cake layer. Frost top with cream cheese mixture. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:4.6208695445372%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 328.39kcal (16.42%), Fat: 20.15g (31%), Saturated Fat: 10.78g (67.35%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 35.71g (12.99%), Sugar: 26.28g (29.2%), Cholesterol: 47.16mg (15.72%), Sodium: 296.63mg (12.9%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 5.13mg (1.71%), Protein: 3.31g (6.63%), Vitamin A: 607.81IU (12.16%), Phosphorus: 108.77mg (10.88%), Selenium: 5.5µg (7.85%), Iron: 1.39mg (7.74%), Copper: 0.15mg (7.5%), Vitamin B2: 0.12mg (7.33%), Calcium: 71.23mg (7.12%), Magnesium: 20.34mg (5.08%), Manganese: 0.1mg (4.99%), Folate: 19.31µg (4.83%), Vitamin E: 0.71mg (4.73%), Potassium: 145.15mg (4.15%), Fiber: 0.99g (3.98%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.41mg (2.73%), Vitamin B3: 0.48mg (2.42%), Vitamin D: 0.36µg (2.38%), Vitamin

K: 2.31µg (2.2%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.38%), Vitamin B12: 0.07µg (1.22%)