



Chocolate Mocha Mousse Torte

 Popular

READY IN



210 min.

SERVINGS



12

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 1 box chocolate cake mix dark
- ☐ 1 cup water
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs
- ☐ 0.8 cup slivered almonds toasted finely
- ☐ 4 oz baker's chocolate chopped
- ☐ 2 cups whipping cream

- ☐ 2 tablespoons espresso powder instant
- ☐ 0.7 cup sugar
- ☐ 0.5 cup almonds toasted sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

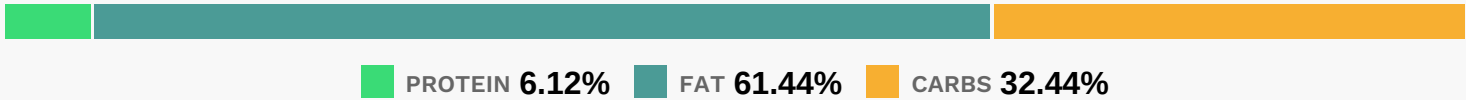
Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan.) Spray two 9-inch cake pans with baking spray with flour.
- ☐ In large bowl, beat cake mix, water, sour cream, oil and eggs with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally. Stir in 3/4 cup ground almonds.
- ☐ Pour into pans.
- ☐ Bake 33 to 41 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 1 hour. Refrigerate layers 45 minutes before slicing.
- ☐ Meanwhile, place chocolate in medium bowl. In 2-quart saucepan, heat whipping cream just to boiling.
- ☐ Pour hot cream over chocolate; let stand until mixture is melted and smooth when stirred. Using whisk, beat in espresso powder and sugar. Refrigerate chocolate mixture 1 hour, stirring occasionally, until cold. Beat cold chocolate mixture with electric mixer on high speed until

soft peaks form, about 2 to 3 minutes.

- ☐
- Cut each cake layer horizontally into 2 layers. (To cut, mark side of cake with toothpicks and cut with long, thin knife.) On serving plate, place 1 bottom cake layer, cut side up, frost top with about one-fourth of the mousse. Repeat with second and third layers. Top with remaining cake layer and mousse.
- ☐
- Sprinkle sliced almonds around top edge of cake. Refrigerate at least 30 minutes or until firm enough to easily cut before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:7.85, Inflammation Score:-7, Nutrition Score:13.536086802897%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 6.21mg, Catechin: 6.21mg, Catechin: 6.21mg, Catechin: 6.21mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 13.47mg, Epicatechin: 13.47mg, Epicatechin: 13.47mg, Epicatechin: 13.47mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 518.14kcal (25.91%), Fat: 37.65g (57.92%), Saturated Fat: 15.76g (98.53%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 40.97g (14.9%), Sugar: 26.95g (29.94%), Cholesterol: 91.4mg (30.47%), Sodium: 330.08mg (14.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 37.69mg (12.56%), Protein: 8.43g (16.87%), Manganese: 0.74mg (36.76%), Copper: 0.58mg (28.88%), Vitamin E: 4.04mg (26.9%), Phosphorus: 240.5mg (24.05%), Iron: 3.94mg (21.88%), Magnesium: 84.37mg (21.09%), Vitamin B2: 0.33mg (19.49%), Selenium: 10.76µg (15.37%), Fiber: 3.76g (15.02%), Vitamin A: 703.39IU (14.07%), Calcium: 135.91mg (13.59%), Zinc: 1.8mg (12.02%), Vitamin K: 12.1µg (11.52%), Potassium: 369.37mg (10.55%), Folate: 36.95µg (9.24%), Vitamin B1: 0.11mg (7.41%), Vitamin B3: 1.36mg (6.82%), Vitamin D: 0.85µg (5.7%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.07mg (3.39%), Vitamin B12: 0.18µg (3.02%)