

Chocolate Mousse Cake IV

READY IN



150 min.

SERVINGS



8

CALORIES



625 kcal

DESSERT

Ingredients

- 18.3 ounce chocolate cake mix
- 1 cup cup heavy whipping cream
- 3.9 ounce chocolate pudding instant
- 14 ounce condensed milk sweetened canned
- 2 ounce baker's chocolate unsweetened melted
- 0.5 cup water cold

Equipment

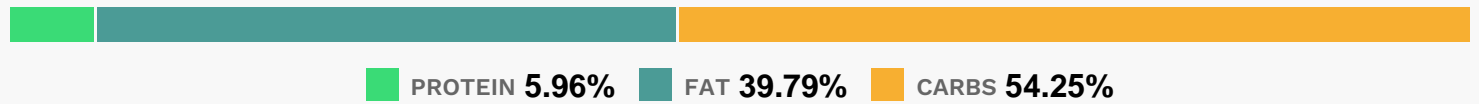
- bowl

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare and bake cake mix according to package directions for two 9-inch layers. Cool and remove from pans.
- In a large bowl, mix together sweetened condensed milk and melted chocolate. Gradually stir in the water, then instant pudding until smooth. Chill for at least 30 minutes.
- Remove the chocolate mixture from the refrigerator, and stir to loosen. Fold in whipped cream and return to the refrigerator for at least another hour.
- Place one layer of cake onto a serving plate. Top with 1 1/2 cups of the mousse, then cover with the remaining cake layer. Frost with the remaining mousse, and refrigerate until serving.
- Garnish with fresh fruit or chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-6, Nutrition Score:13.773913020673%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 624.95kcal (31.25%), Fat: 29.11g (44.79%), Saturated Fat: 14.08g (88.02%), Carbohydrates: 89.31g (29.77%), Net Carbohydrates: 86.08g (31.3%), Sugar: 62.07g (68.97%), Cholesterol: 50.49mg (16.83%), Sodium: 804.52mg (34.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.75mg (4.58%), Protein: 9.82g (19.63%), Phosphorus: 355.69mg (35.57%), Copper: 0.55mg (27.49%), Calcium: 266.8mg (26.68%), Iron: 4.45mg (24.7%), Manganese: 0.49mg (24.68%), Selenium: 17.17µg (24.53%), Vitamin B2: 0.38mg (22.38%), Magnesium: 74.92mg (18.73%), Potassium: 517.18mg (14.78%), Fiber: 3.23g (12.9%), Folate: 49.14µg (12.29%), Zinc: 1.82mg (12.17%), Vitamin B1: 0.17mg (11.49%), Vitamin A: 571.73IU (11.43%), Vitamin E: 1.11mg (7.39%), Vitamin B3: 1.29mg (6.43%), Vitamin B5: 0.55mg (5.51%), Vitamin B12: 0.27µg (4.43%), Vitamin K: 4.6µg (4.38%), Vitamin D: 0.58µg (3.83%), Vitamin B6: 0.06mg (3.23%), Vitamin C: 1.47mg (1.78%)