



Chocolate Mousse-Raspberry Cake

READY IN



165 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 6 oz semi chocolate chips
- ☐ 1.5 cups whipping cream
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons raspberry jam seedless
- ☐ 6 oz raspberries fresh
- ☐ 1 serving truffle oil white
- ☐ 1 serving cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease two 9- or 8-inch round cake pans, or spray with baking spray with flour.
- ☐ Make and bake cake as directed on box for 8- or 9-inch round cake pans. Cool in pans 10 minutes.
- ☐ Remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Meanwhile, in medium microwavable bowl, microwave chocolate chips and 1/2 cup of the whipping cream uncovered on High 45 to 60 seconds; stir until smooth and melted. Refrigerate 15 to 30 minutes or until cool.
- ☐ In large bowl, beat remaining 1 cup whipping cream and the powdered sugar with electric mixer on high speed until mixture starts to thicken.
- ☐ Add melted chocolate. Beat until stiff peaks form (do not overbeat or mixture will begin to look curdled).
- ☐ On serving plate, place 1 cake layer, rounded side down.
- ☐ Spread raspberry jam over cake layer.
- ☐ Spread 1/2-inch-thick layer of chocolate mixture over jam.
- ☐ Cut 1/2 cup of the raspberries in half; press into chocolate mixture. Top with other cake layer, rounded side up; press lightly. Frost side and top of cake with remaining chocolate mixture. Refrigerate about 1 hour or until firm.
- ☐ Let stand at room temperature about 10 minutes before serving.
- ☐ Garnish with remaining raspberries and candies.
- ☐ Sprinkle with cocoa. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:5.8260870264924%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 283.06kcal (14.15%), Fat: 17.29g (26.61%), Saturated Fat: 8.48g (53.02%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 29.2g (10.62%), Sugar: 19.02g (21.14%), Cholesterol: 25.85mg (8.62%), Sodium: 230.82mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.26mg (4.09%), Protein: 3.03g (6.05%), Manganese: 0.28mg (13.8%), Copper: 0.26mg (12.89%), Phosphorus: 117.5mg (11.75%), Iron: 2.01mg (11.17%), Fiber: 2.24g (8.96%), Magnesium: 35.71mg (8.93%), Selenium: 5.01µg (7.15%), Vitamin A: 337.63IU (6.75%), Calcium: 65.09mg (6.51%), Vitamin B2: 0.1mg (5.7%), Potassium: 189.56mg (5.42%), Vitamin E: 0.79mg (5.26%), Folate: 20.16µg (5.04%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.06mg (3.84%), Vitamin C: 3.14mg (3.81%), Vitamin K: 3.86µg (3.68%), Vitamin B3: 0.6mg (3.01%), Vitamin D: 0.36µg (2.38%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.42%)