



Chocolate-Raspberry Layer Cake

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

DESSERT

Ingredients

- 1 large eggs
- 1 large egg white
- 1.8 cups chocolate fudge cake mix (half of an 18.25-ounce package such as Betty Crocker)
- 0.7 cup milk 1% low-fat
- 0.8 cup low-sugar raspberry spread divided
- 0.5 teaspoon cocoa unsweetened
- 1.5 tablespoons vegetable oil
- 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

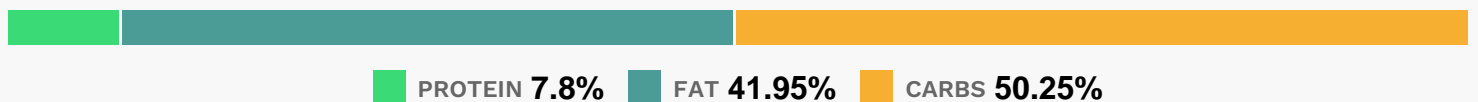
Equipment

- bowl
- oven
- wire rack
- blender
- spatula

Directions

- Preheat oven to 350
- Combine first 5 ingredients in a large bowl; beat with a mixer at low speed 30 seconds or until moistened. Scrape sides of bowl with a rubber spatula; increase to medium speed, and beat 1 minute or until well blended.
- Pour batter evenly into 2 (8-inch) square cake pans coated with cooking spray. (Layers will be thin.)
- Bake at 350 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 5 minutes.
- Remove from pans; cool completely on wire rack.
- Place one layer on a plate; top with 1/2 cup raspberry spread. Top with second cake layer.
- Cut cake in half, forming two rectangles.
- Spread remaining 1/4 cup raspberry spread over top of one rectangle.
- Place the other rectangle on top of spread to form 4 layers of cake with raspberry spread between the layers.
- Spread whipped topping over top and sides of cake, and sift cocoa lightly over cake. Slice cake crosswise into 8 slices.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.3252173973166%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.14kcal (10.01%), Fat: 9.28g (14.28%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 24.37g (8.86%), Sugar: 15.81g (17.56%), Cholesterol: 24.51mg (8.17%), Sodium: 250.32mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.03mg (1.01%), Protein: 3.88g (7.77%), Phosphorus: 114.99mg (11.5%), Selenium: 6.76µg (9.65%), Calcium: 78.01mg (7.8%), Vitamin B2: 0.13mg (7.59%), Iron: 1.32mg (7.32%), Vitamin K: 6.18µg (5.88%), Copper: 0.11mg (5.72%), Folate: 20.21µg (5.05%), Magnesium: 17.2mg (4.3%), Vitamin E: 0.64mg (4.27%), Potassium: 148.4mg (4.24%), Vitamin B1: 0.06mg (4.09%), Vitamin B12: 0.21µg (3.46%), Manganese: 0.06mg (3.19%), Zinc: 0.39mg (2.63%), Fiber: 0.65g (2.61%), Vitamin B3: 0.47mg (2.33%), Vitamin D: 0.34µg (2.28%), Vitamin B5: 0.21mg (2.11%), Vitamin B6: 0.04mg (1.79%), Vitamin A: 83.49IU (1.67%)