



Chocolate-Raspberry Mousse Cake

READY IN



145 min.

SERVINGS



25

CALORIES



238 kcal

Ingredients

- 2 Tbsp butter melted
- 16 oz philadelphia cream cheese softened
- 1.5 cups oreo cookies crushed finely
- 2 cups raspberries fresh
- 8 oz baker's semi-sweet chocolate divided
- 14 oz condensed milk sweetened canned
- 2 cups cool whip whipped topping divided thawed

Equipment

- bowl

- frying pan
- knife
- whisk
- blender
- springform pan

Directions

- Mix cookie crumbs and butter; press onto bottom of 9-inch springform pan. Reserve 12 raspberries; spread remaining raspberries over crust.
- Melt 7 oz. chocolate as directed on package; set aside. Beat cream cheese in large bowl with mixer until creamy.
- Add condensed milk; mix well.
- Add melted chocolate; beat until well blended.
- Whisk in 1 cup COOL WHIP; spoon over raspberry layer in pan. Freeze 2 hours.
- Run knife around rim of pan to loosen dessert; remove rim.
- Cut 8 of the reserved raspberries in half.
- Garnish dessert with remaining COOL WHIP, halved berries and remaining whole berries. Melt remaining chocolate; drizzle over dessert.
- Let stand until firm.

Nutrition Facts



PROTEIN 6.16% **FAT 54.6%** **CARBS 39.24%**

Properties

Glycemic Index:6.56, Glycemic Load:5.67, Inflammation Score:-3, Nutrition Score:5.2813043471264%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 238.11kcal (11.91%), Fat: 14.7g (22.62%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 22.14g (8.05%), Sugar: 18.4g (20.44%), Cholesterol: 26.83mg (8.94%), Sodium: 127.01mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.28mg (2.76%), Protein: 3.73g (7.46%), Manganese: 0.25mg (12.63%), Iron: 1.86mg (10.32%), Phosphorus: 99.59mg (9.96%), Vitamin B2: 0.14mg (8.5%), Copper: 0.16mg (8.01%), Calcium: 77.26mg (7.73%), Selenium: 5.35µg (7.64%), Magnesium: 28.79mg (7.2%), Vitamin A: 326.78IU (6.54%), Fiber: 1.63g (6.51%), Potassium: 177.58mg (5.07%), Vitamin K: 4.78µg (4.55%), Vitamin E: 0.61mg (4.08%), Zinc: 0.6mg (3.99%), Vitamin C: 2.93mg (3.55%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.04mg (2.97%), Folate: 11.47µg (2.87%), Vitamin B12: 0.14µg (2.33%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.03mg (1.5%)