



## Chocolate Strawberry Cake

READY IN



55 min.

SERVINGS



16

CALORIES



424 kcal

DESSERT

### Ingredients

- 3.5 teaspoons double-acting baking powder
- 16 ounce cream cheese softened philadelphia® (such as )
- 4 egg whites
- 3.5 cups flour all-purpose
- 3.9 ounce chocolate pudding mix instant
- 0.8 cup milk
- 0.8 cup strawberry syrup
- 1 teaspoon salt
- 2 ounce semi-sweet baking chocolate (such as Baker's®)

- 0.8 cup shortening
- 1.5 teaspoons vanilla extract
- 2.5 cups non-dairy whipped topping cool whip® (such as )
- 0.3 cup sugar white

## Equipment

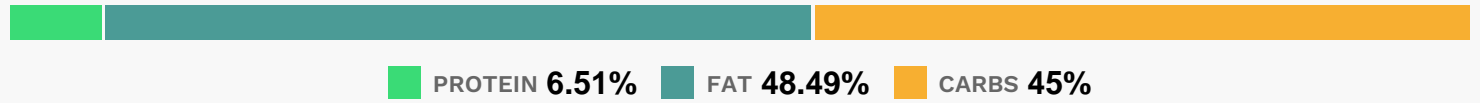
- bowl
- oven
- baking pan
- hand mixer
- toothpicks
- microwave

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Grease and flour three round 9-inch baking pans.
- Sift flour, 2 1/4 cup sugar, baking powder, and salt together in a bowl; cut shortening into flour mixture until fine crumbs are formed.
- Beat egg whites, milk, strawberry syrup, and vanilla extract into flour mixture with an electric mixer on low for 1 minute; increase to high until smooth and blended, about 2 more minutes, scraping the sides of the bowl frequently.
- Pour batter into prepared baking pans.
- Bake in the preheated oven until a toothpick inserted in the center of each cake comes out clean, 25 to 30 minutes.
- Place chocolate in a small microwave-safe bowl; heat on High in microwave until melted, about 1 minute. Stir chocolate until smooth.
- Beat cream cheese and 1/3 cup sugar in a large bowl with an electric mixer on High until combined, 1 minute; stir chocolate into mixture until well mixed.
- Gently fold whipped topping, pudding mix, and chocolate sandwich cookies into cream cheese mixture to form the filling.

- Spread about 1/3 filling on top of one cake.
- Place second cake atop filling layer. Repeat with a filling layer, the third cake, and a final layer of filling on top.

## Nutrition Facts



### Properties

Glycemic Index:18.88, Glycemic Load:18.85, Inflammation Score:-5, Nutrition Score:8.2847825988479%

### Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

### Nutrients (% of daily need)

Calories: 424.05kcal (21.2%), Fat: 23.54g (36.22%), Saturated Fat: 10.91g (68.2%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 47.58g (17.3%), Sugar: 22.95g (25.5%), Cholesterol: 30.24mg (10.08%), Sodium: 464.3mg (20.19%), Alcohol: 0.13g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.32mg (1.11%), Protein: 7.11g (14.22%), Selenium: 14.19µg (20.28%), Manganese: 0.37mg (18.27%), Vitamin B1: 0.24mg (15.87%), Vitamin B2: 0.27mg (15.77%), Folate: 54.44µg (13.61%), Calcium: 121.26mg (12.13%), Phosphorus: 119.56mg (11.96%), Iron: 2.13mg (11.84%), Copper: 0.19mg (9.36%), Vitamin B3: 1.74mg (8.69%), Vitamin A: 407.93IU (8.16%), Magnesium: 26.57mg (6.64%), Vitamin K: 6.65µg (6.33%), Fiber: 1.58g (6.31%), Vitamin E: 0.93mg (6.22%), Zinc: 0.78mg (5.2%), Potassium: 154.46mg (4.41%), Vitamin B5: 0.41mg (4.11%), Vitamin B12: 0.15µg (2.57%), Vitamin B6: 0.04mg (1.98%)