

Double-Chocolate Cappuccino Cake







DESSERT

Ingredients

1 box chocolate cake mix
1 tablespoon espresso powder instant
0.5 teaspoon ground cinnamon
4 oz baker's chocolate chopped
1 container chocolate frosting dark
2 teaspoons espresso powder instant

Equipment

bowl

	oven	
	microwave	
Directions		
	Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake as directed on box for two 8- or 9-inch roundsexcept add 1 tablespoon espresso and the cinnamon with the eggs, and stir in the chocolate just before pouring into pans.	
	To make glaze, spoon frosting into small microwavable bowl. Microwave uncovered on High 15 to 30 seconds or until slightly melted. Stir in 2 teaspoons coffee until blended.	
	Place 1 cake layer, rounded side down, on serving plate. Carefully spread almost half the glaze to edge of layer, allowing some to drip down side. Top with second layer, rounded side up. Carefully spread remaining glaze to edge of top layer, allowing some to drip down side. Store loosely covered.	
Nutrition Facts		
	PROTEIN 3.99% FAT 40.32% CARBS 55.69%	

Properties

Glycemic Index:0.42, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.9447826496123%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 353.56kcal (17.68%), Fat: 17.21g (26.47%), Saturated Fat: 6.32g (39.51%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 50.65g (18.42%), Sugar: 35.66g (39.62%), Cholesterol: Omg (0%), Sodium: 368.57mg (16.02%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 30.59mg (10.2%), Protein: 3.83g (7.67%), Manganese: 0.59mg (29.46%), Copper: 0.53mg (26.31%), Iron: 3.83mg (21.29%), Phosphorus: 166.64mg (16.66%), Magnesium: 57.71mg (14.43%), Fiber: 2.82g (11.27%), Zinc: 1.31mg (8.74%), Potassium: 292.23mg (8.35%), Selenium: 5.61µg (8.01%), Vitamin E: 1.03mg (6.85%), Calcium: 68.22mg (6.82%), Folate: 25.35µg (6.34%), Vitamin B1: 0.08mg (5.34%), Vitamin B3: 0.91mg (4.57%), Vitamin B2: 0.07mg (4.35%), Vitamin K: 2.32µg (2.21%)