



Easy Sacher Torte

READY IN



60 min.

SERVINGS



8

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 16 ounce chocolate frosting dark
- ☐ 18.3 ounce chocolate cake mix
- ☐ 6 tablespoons rum

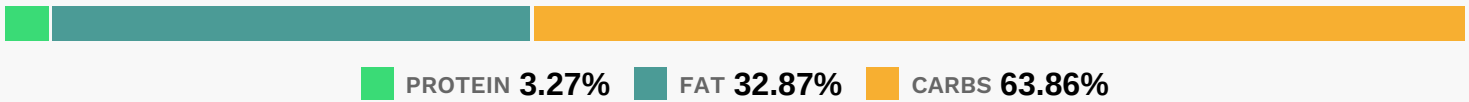
Equipment

- ☐ oven

Directions

- ☐ Bake cake in two 9 inch pans according to directions. Cool to room temperature.
- ☐ Place one layer of cake onto a serving plate, brush liberally with rum.
- ☐ Spread apricot jam over the top to 1/2 inch from the edge.
- ☐ Place the second layer on top.
- ☐ Brush with remaining rum. Frost the sides first, then the top with the prepared icing. Clean the edge of the plate with a dry towel.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.782608743595%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 545.77kcal (27.29%), Fat: 20.08g (30.9%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 87.81g (29.27%), Net Carbohydrates: 85.72g (31.17%), Sugar: 60.69g (67.44%), Cholesterol: 0mg (0%), Sodium: 640.38mg (27.84%), Alcohol: 3.76g (100%), Alcohol %: 3.4% (100%), Caffeine: 8.25mg (2.75%), Protein: 4.49g (8.98%), Phosphorus: 220.08mg (22.01%), Iron: 3.76mg (20.87%), Copper: 0.38mg (19.09%), Manganese: 0.29mg (14.26%), Selenium: 8.62µg (12.32%), Vitamin E: 1.61mg (10.75%), Magnesium: 42.6mg (10.65%), Calcium: 103.02mg (10.3%), Folate: 40.74µg (10.18%), Potassium: 330.47mg (9.44%), Fiber: 2.08g (8.34%), Vitamin B1: 0.12mg (7.87%), Vitamin B2: 0.12mg (6.78%), Vitamin B3: 1.11mg (5.53%), Zinc: 0.69mg (4.6%), Vitamin K: 2.46µg (2.34%), Vitamin B6: 0.03mg (1.48%), Vitamin B5: 0.11mg (1.05%)