



3%
HEALTH SCORE

Favorite Moist Chocolate Cake

READY IN



45 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- 0.8 cup cocoa powder
- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 9 ounces bittersweet chocolate chopped
- 1 cup hot-brewed coffee brewed
- 4 oz cream cheese
- 2 eggs
- 2 cups flour
- 1 cup cup heavy whipping cream

- 1 cup milk
- 1 cup cooking oil
- 1 teaspoon salt
- 0.5 cup strawberries pureed
- 0.5 cup sugar
- 1 teaspoon vanilla

Equipment

- frying pan
- oven
- whisk
- plastic wrap
- toothpicks

Directions

- To Make Cake:Sift together dry ingredients.
- Add oil, coffee and milk.
- Whisk until combined.
- Add eggs and vanilla.
- Whisk until well incorporated (about 2 min.). It will be quite runny.Grease and flour 2- 9 inch round pans.
- Pour the batter into the pans and bake at 325F for 25-30 min until a toothpick inserted into the centre comes out clean.
- Mix together the cream cheese and sugar until completely smooth.
- Mix in the pureed strawberries.Whip the cream to stiff peaks and fold into the strawberry cream cheese mixture.Line a 9 inch round pan (the same size you used for the cakes) with plastic wrap and pour the mousse inside. Freeze until solid.To Make Ganache:Bring cream to a boil over medium heat.Poor over chocolate.
- Let sit for a moment then stir until smooth.
- Remove mousse from freezer and unwrap.

Place one cake layer on serving platter. Position frozen mousse in the centre and top with remaining cake layer. Allow to thaw for 30 min, or so. Meanwhile drizzle with ganache and garnish with fresh strawberries.

Nutrition Facts

PROTEIN 7.04% **FAT 53.35%** **CARBS 39.61%**

Properties

Glycemic Index:28.51, Glycemic Load:18.04, Inflammation Score:-6, Nutrition Score:11.85652173913%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 10.59mg, Epicatechin: 10.59mg, Epicatechin: 10.59mg, Epicatechin: 10.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Taste

Sweetness: 56.13%, Saltiness: 20.84%, Sourness: 17.6%, Bitterness: 22.22%, Savoriness: 14.58%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 402.73kcal (20.14%), Fat: 24.63g (37.89%), Saturated Fat: 12.5g (78.15%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 36.77g (13.37%), Sugar: 18.55g (20.61%), Cholesterol: 62.95mg (20.98%), Sodium: 468.93mg (20.39%), Caffeine: 38.55mg (12.85%), Protein: 7.31g (14.61%), Manganese: 0.66mg (33.17%), Copper: 0.51mg (25.64%), Selenium: 13.74µg (19.63%), Magnesium: 75.89mg (18.97%), Phosphorus: 183.26mg (18.33%), Iron: 3.29mg (18.25%), Fiber: 4.37g (17.49%), Vitamin B2: 0.27mg (15.59%), Vitamin B1: 0.2mg (13.28%), Folate: 46.77µg (11.69%), Vitamin A: 502.35IU (10.05%), Calcium: 95.74mg (9.57%), Zinc: 1.36mg (9.08%), Potassium: 316.11mg (9.03%), Vitamin B3: 1.64mg (8.18%), Vitamin E: 1.17mg (7.78%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.52mg (5.19%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.27µg (4.43%), Vitamin C: 3.65mg (4.42%), Vitamin B6: 0.06mg (3.15%)