



Sweetheart Fudge Cake

READY IN



55 min.

SERVINGS



14

CALORIES



435 kcal

DESSERT

Ingredients

- 1 package chocolate cake mix (regular size)
- 0.8 cup cup heavy whipping cream
- 2 pints raspberries fresh
- 0.3 cup currant jelly warmed
- 3 ounces bittersweet chocolate chopped
- 1 teaspoon vanilla extract
- 16 ounces vanilla frosting canned
- 8 ounces non-dairy whipped topping frozen thawed

Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks
- skewers

Directions

- Prepare cake mix according to package directions. Stir in vanilla.
- Pour into two greased and floured 9-in. heart-shaped or round baking pans.
- Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.
- While cakes are still warm, poke several holes in cakes with a meat fork or wooden skewer to within 1/4 in. of bottom.
- Brush jelly over top and sides of cakes.
- In a small saucepan, combine cream and chocolate; cook and stir over low heat until chocolate is melted.
- Brush over top and sides of cakes several times, allowing mixture to absorb between brushings. Cool completely.
- In a large bowl, beat frosting until fluffy; fold in whipped topping.
- Spread frosting between layers and over the top and sides of cake.
- Garnish with raspberries. Refrigerate for 2 hours before cutting.

Nutrition Facts



PROTEIN 3.46% **FAT 39.28%** **CARBS 57.26%**

Properties

Glycemic Index:8.86, Glycemic Load:12.67, Inflammation Score:-5, Nutrition Score:9.8199999384258%

Flavonoids

Cyanidin: 30.94mg, Cyanidin: 30.94mg, Cyanidin: 30.94mg, Cyanidin: 30.94mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.66mg, Pelargonidin: 0.66mg, Pelargonidin: 0.66mg, Pelargonidin: 0.66mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 435.16kcal (21.76%), Fat: 19.56g (30.09%), Saturated Fat: 8.08g (50.53%), Carbohydrates: 64.16g (21.39%), Net Carbohydrates: 58.47g (21.26%), Sugar: 44.66g (49.62%), Cholesterol: 15.1mg (5.03%), Sodium: 332.54mg (14.46%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Caffeine: 8.62mg (2.87%), Protein: 3.87g (7.75%), Manganese: 0.61mg (30.27%), Fiber: 5.69g (22.75%), Vitamin C: 18.32mg (22.21%), Phosphorus: 145.1mg (14.51%), Copper: 0.27mg (13.47%), Iron: 2.35mg (13.05%), Vitamin B2: 0.22mg (12.9%), Vitamin K: 12.02µg (11.45%), Vitamin E: 1.67mg (11.12%), Magnesium: 42.69mg (10.67%), Folate: 37.58µg (9.4%), Calcium: 89.09mg (8.91%), Potassium: 282.93mg (8.08%), Selenium: 5.4µg (7.71%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 1.05mg (5.24%), Zinc: 0.77mg (5.1%), Vitamin A: 225.68IU (4.51%), Vitamin B5: 0.33mg (3.34%), Vitamin B6: 0.06mg (3.01%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.06µg (1.06%)