



Mini Raspberry-Chocolate Heart Cakes

READY IN



90 min.

SERVINGS



12

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon espresso powder instant
- ☐ 1 tablespoon water
- ☐ 1 box chocolate cake mix
- ☐ 1.3 cups water
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs
- ☐ 1 cup raspberry jam
- ☐ 16 oz chocolate white chopped
- ☐ 2 tablespoons shortening

☐ 1 cup pink lady apples white red betty decorating decors®

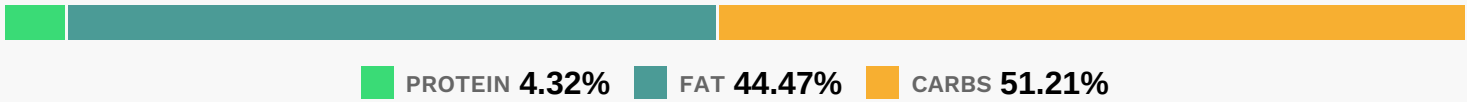
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Grease 12 (3 5/8x3 1/2 x1-inch) heart-shaped cake pans with shortening or cooking spray.
- ☐ In small bowl, stir coffee powder in 1 tablespoon water until dissolved. In large bowl, beat cake mix, coffee mixture, 1 1/4 cups water, the oil, eggs and raspberry preserves with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Fill cake pans half full with batter.
- ☐ Bake 15 minutes or until firm to the touch. Cool 10 minutes.
- ☐ Remove cakes from pans to cooling rack; cool completely.
- ☐ In medium microwavable bowl, microwave white chocolate and shortening uncovered on High 1 to 2 minutes, stirring once, until melted. If necessary, continue to microwave in 15-second increments, stirring until smooth.
- ☐ Place waxed paper under cooling rack. Spoon melted chocolate over cakes. Decorate with sprinkles.
- ☐ Let stand until set.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:26.56, Inflammation Score:-2, Nutrition Score:7.9156522647194%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 531.59kcal (26.58%), Fat: 27.02g (41.58%), Saturated Fat: 10.32g (64.47%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 68.51g (24.91%), Sugar: 50.96g (56.62%), Cholesterol: 48.86mg (16.29%), Sodium: 357.34mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.04mg (5.68%), Protein: 5.91g (11.82%), Phosphorus: 193.3mg (19.33%), Vitamin K: 17.35µg (16.52%), Selenium: 10.16µg (14.52%), Calcium: 143.06mg (14.31%), Vitamin B2: 0.24mg (14.06%), Iron: 2.08mg (11.53%), Copper: 0.21mg (10.52%), Vitamin E: 1.56mg (10.38%), Folate: 33.57µg (8.39%), Potassium: 289.8mg (8.28%), Magnesium: 26.05mg (6.51%), Vitamin B1: 0.1mg (6.41%), Fiber: 1.5g (6.01%), Manganese: 0.11mg (5.42%), Vitamin B12: 0.31µg (5.16%), Vitamin B3: 1mg (5.02%), Zinc: 0.73mg (4.9%), Vitamin B5: 0.47mg (4.74%), Vitamin C: 3.16mg (3.83%), Vitamin B6: 0.06mg (3.2%), Vitamin A: 77.44IU (1.55%), Vitamin D: 0.22µg (1.47%)