



Mocha Crunch Cream Torte

READY IN



45 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 0.7 cup almond brickle chips divided (such as Heath)
- ☐ 1.5 teaspoons baking soda
- ☐ 1 ounce bittersweet chocolate chopped
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter softened
- ☐ 2 cups cake flour
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.5 cup egg substitute
- ☐ 0.8 cup granulated sugar

- ☐ 1 tablespoon coffee granules instant
- ☐ 1 cup nonfat buttermilk
- ☐ 2 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water boiling

Equipment

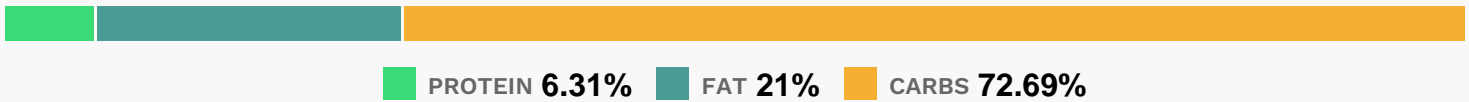
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat 2 (9-inch) round cake pans with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray.
- ☐ Combine cocoa, 1/2 cup boiling water, and chocolate in a small bowl, stirring until smooth. Cool.
- ☐ Place granulated sugar, brown sugar, and 1/4 cup butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- ☐ Add egg substitute; beat well.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.

- ☐ Combine flour, baking soda, and salt, stirring with a whisk.
- ☐ Combine buttermilk, sour cream, and vanilla.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Add cocoa mixture; beat well.
- ☐ Pour batter into prepared pans; sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.
- ☐ To prepare frosting, combine powdered sugar, cream cheese, coffee, and 1 tablespoon butter in a large bowl. Beat with a mixer at medium speed until smooth (do not overbeat).
- ☐ Place one cake layer on a plate.
- ☐ Spread half of frosting on top; sprinkle with 1/3 cup brickle chips. Top with remaining cake layer.
- ☐ Spread remaining frosting over top layer; sprinkle with remaining brickle chips.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:15.51, Inflammation Score:-2, Nutrition Score:4.2517391469168%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 266kcal (13.3%), Fat: 6.4g (9.84%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 47.89g (17.41%), Sugar: 32.41g (36.02%), Cholesterol: 10.34mg (3.45%), Sodium: 254.86mg (11.08%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 17.52mg (5.84%), Protein: 4.32g (8.65%), Selenium: 10.45µg (14.93%), Manganese: 0.29mg (14.26%), Copper: 0.16mg (8.25%), Fiber: 1.95g (7.82%), Magnesium: 25.68mg (6.42%), Phosphorus: 59.35mg (5.93%), Iron: 0.98mg (5.46%), Potassium: 153.57mg (4.39%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.5mg (3.36%), Calcium: 28.91mg (2.89%), Vitamin B3: 0.56mg (2.82%), Vitamin A: 140.79IU (2.82%), Vitamin B5: 0.27mg (2.73%), Folate: 10.11µg (2.53%), Vitamin B1: 0.03mg (2.25%), Vitamin B6: 0.04mg (2.07%), Vitamin E: 0.3mg (1.98%), Vitamin C: 0.84mg (1.01%)