

Mocha Magic Torte

Vegetarian







DESSERT

Ingredients

Ш	1.5 teaspoons baking soda
	1 cup butter
	3 cups confectioners' sugar
	1 eggs beaten
	3 eggs
	2.3 cups flour all-purpose

- 0.3 cup coffee granules instant
- 2 tablespoons coffee powder instant

	1 cup mayonnaise
	0.5 cup milk
	4 ounce chocolate unsweetened
	1 teaspoon vanilla extract
	1.3 cups water
	1.7 cups sugar white
Εq	uipment
	bowl
	oven
	whisk
	mixing bowl
	double boiler
	hand mixer
	wax paper
Di	rections
	Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch round pans, and line them with wax paper or parchment.
	Sift flour with baking soda. Dissolve 1/3 cup instant coffee in the water.
	In a large bowl, beat white sugar, 3 eggs, and vanilla until light and fluffy. Blend in mayonnaise and the melted chocolate.
	Add flour mixture alternately with the coffee to the batter, one-third at a time; mix with electric mixer on low speed after each addition.
	Pour batter into prepared pans.
	Bake in preheated oven until cake tester inserted in center comes out clean, about 35 minutes. Cool cake in pans for 10 minutes.
	Remove, and cool completely on wire racks.
	Melt 4 squares chocolate with milk and 2 tablespoons instant coffee in a double boiler; blend until smooth.

Nutrition Facts
the frosting.
When layers have cooled, cut each horizontally to make 4 layers. Fill and frost the cake with
Add chocolate mixture to butter mixture, and blend frosting well.
In a mixing bowl, cream butter and confectioners' sugar until light and fluffy.
Pour hot chocolate mixture into the beaten egg, whisking constantly. Allow to cool.

PROTEIN 4.07% FAT 47.12% CARBS 48.81%

Properties

Glycemic Index:35.39, Glycemic Load:48.86, Inflammation Score:-7, Nutrition Score:18.445217443549%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 1009.56kcal (50.48%), Fat: 54.48g (83.82%), Saturated Fat: 23.5g (146.84%), Carbohydrates: 126.95g (42.32%), Net Carbohydrates: 123.65g (44.96%), Sugar: 86.87g (96.52%), Cholesterol: 156.44mg (52.15%), Sodium: 614.03mg (26.7%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Caffeine: 360.13mg (120.04%), Protein: 10.6g (21.2%), Manganese: 1.03mg (51.7%), Vitamin K: 49.43μg (47.08%), Selenium: 22.96μg (32.8%), Iron: 5.09mg (28.25%), Copper: 0.56mg (27.92%), Vitamin B3: 5.45mg (27.23%), Magnesium: 96.18mg (24.05%), Vitamin B1: 0.32mg (21.29%), Vitamin B2: 0.35mg (20.56%), Folate: 80.9μg (20.22%), Phosphorus: 200.01mg (20%), Potassium: 616.6mg (17.62%), Vitamin A: 870.8IU (17.42%), Zinc: 2.08mg (13.85%), Fiber: 3.3g (13.21%), Vitamin E: 1.89mg (12.62%), Calcium: 77.48mg (7.75%), Vitamin B5: 0.66mg (6.62%), Vitamin B12: 0.36μg (6%), Vitamin D: 0.66μg (4.43%), Vitamin B6: 0.07mg (3.62%)