



## Mocha Mousse Angel Food Cake with Chocolate Whipped Cream

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

DESSERT

### Ingredients

- 1 box duncan hines signature angel food cake pre-made angel food cake of any kind
- 0.5 cup natural cocoa powder unsweetened your favorite (or )
- 1 cup confectioners' sugar
- 1 pinch cream of tartar
- 1 packet starbucks coffee instant (use 2 if you like)
- 1 tablespoon hot-brewed coffee instant (the type in the little tubes)
- 7 ounce marshmallow crème
- 0.3 cup milk

- 8 oz cool whip light sweetened with 3t. conf. sugar and ½ teaspoon vanilla
- 0.3 cup water boiling
- 2 cups whipping cream chilled

## Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- plastic wrap
- aluminum foil
- stand mixer
- springform pan
- serrated knife

## Directions

- Prepare the angel food cake as directed on the package.
- Let cool. With a serrated knife, cut it into three even layers. Prepare mousse. Put boiling water in a mixing bowl.
- Add the coffee and stir to dissolve.
- Add the marshmallow crème and beat on low until blended and smooth. Fold in the whipped topping. Line a 9 inch round springform pan with foil and place the first layer of your angel food cake in the pan. You may have to squish it in a bit.
- Spread about 1/2 of the mocha mousse over the cake. Top with second layer of cake.
- Add remaining mocha mousse. Top with remaining layer of angel food cake. Put plastic wrap over the cake and put the whole thing in the freeze for about 3 hours or until frozen. As soon as you put the cake in the freezer, go ahead and start preparing the chocolate whipped cream since the chocolate mixture requires some chill time too.
- Whisk sugar, cocoa powder, milk, coffee powder and cream of tartar in the bowl of a stand mixer until smooth. Cover and refrigerate until well chilled, about 1 hour or up to 4. Set the stand mixer bowl back on the mixer and with the whisk attachment, beat on medium,

gradually adding the cream. Continue beating, increasing speed slightly, until stiff peaks begin form – be careful not to overdo it.

- Remove frozen cake from freezer and unlatch sides of pan. Peel away foil and set frozen cake on a cake tray.
- Spread chocolate whipped cream over entire cake. You'll have plenty of chocolate whipped cream and possible even a little left over. Store cake in the refrigerator.

## Nutrition Facts

**PROTEIN 3.25%** **FAT 61.15%** **CARBS 35.6%**

### Properties

Glycemic Index:4.75, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:6.3952173512915%

### Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 454kcal (22.7%), Fat: 32.7g (50.31%), Saturated Fat: 20.78g (129.89%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 40.84g (14.85%), Sugar: 32.99g (36.66%), Cholesterol: 100.18mg (33.39%), Sodium: 29.44mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.84mg (13.28%), Protein: 3.91g (7.83%), Vitamin A: 1303.74IU (26.07%), Vitamin B2: 0.19mg (11.32%), Manganese: 0.22mg (11.17%), Copper: 0.22mg (10.86%), Phosphorus: 101.05mg (10.11%), Vitamin D: 1.49µg (9.93%), Magnesium: 36.83mg (9.21%), Fiber: 1.99g (7.96%), Calcium: 75.96mg (7.6%), Potassium: 228.66mg (6.53%), Vitamin E: 0.82mg (5.45%), Selenium: 3.77µg (5.38%), Iron: 0.89mg (4.93%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.18µg (3.03%), Vitamin K: 2.99µg (2.84%), Vitamin B5: 0.27mg (2.67%), Vitamin B3: 0.43mg (2.14%), Vitamin B6: 0.04mg (2.1%), Vitamin B1: 0.03mg (1.75%), Folate: 5.25µg (1.31%)