



Mocha Mousse Cake

READY IN



240 min.

SERVINGS



12

CALORIES



472 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix
- 1.3 cups water
- 0.3 cup vegetable oil
- 2 tablespoons hot-brewed coffee cold brewed
- 4 eggs
- 0.8 cup whipping cream
- 2 tablespoons granulated sugar
- 0.3 cup hot-brewed coffee cold brewed
- 6 oz semi chocolate chips

- 2 teaspoons vanilla
- 1 cup whipping cream
- 0.8 cup powdered sugar
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla

Equipment

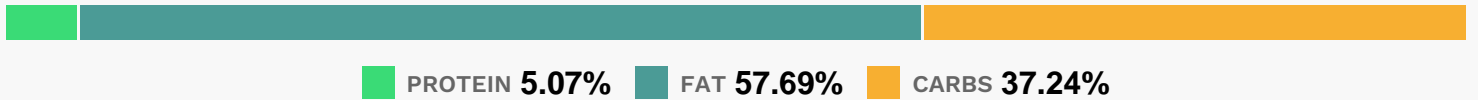
- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease and lightly flour bottoms and sides of two 8- or 9-inch round cake pans. In large bowl, beat cake mix, water, oil, 2 tablespoons liqueur and the eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pans.
- Bake 8-inch pans 34 to 40 minutes, 9-inch pans 31 to 37 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans to cooling rack. Cool completely, about 1 hour. Refrigerate layers 45 minutes for easier handling.
- Meanwhile, to make mousse, in 2-quart saucepan, mix 1/4 cup of the whipping cream, the granulated sugar and 1/3 cup liqueur. Cook over medium heat, stirring constantly, until sugar is dissolved and mixture simmers; remove from heat. Stir in chocolate chips with whisk until chips are melted. Stir in 2 teaspoons vanilla.
- Pour into large bowl; cool to room temperature, about 10 minutes.

- In chilled medium bowl, beat remaining 1/2 cup whipping cream on high speed just until soft peaks form. Fold whipped cream into chocolate mixture. Cover and refrigerate 30 minutes.
- In another chilled medium bowl, beat topping ingredients on high speed until soft peaks form.
- Trim off rounded top of one cake layer.
- Cut each cake layer horizontally to make 2 layers. (To cut, mark side of cake with toothpicks and cut with long, thin knife.)
- Place 1 layer, cut side up, on serving plate; spread with one-third of the mousse. Repeat with second and third layers. Top with fourth layer, cut side down.
- Spread topping over side and top of cake. Cover; refrigerate at least 1 hour before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:9.6673913727636%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 472.12kcal (23.61%), Fat: 31.28g (48.12%), Saturated Fat: 13.81g (86.3%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 42.76g (15.55%), Sugar: 29.53g (32.81%), Cholesterol: 94.63mg (31.54%), Sodium: 330.65mg (14.38%), Alcohol: 0.29g (100%), Alcohol %: 0.24% (100%), Caffeine: 23.89mg (7.96%), Protein: 6.19g (12.38%), Copper: 0.41mg (20.43%), Phosphorus: 196.7mg (19.67%), Manganese: 0.35mg (17.28%), Iron: 3.06mg (17.03%), Selenium: 11.51µg (16.45%), Vitamin K: 14.73µg (14.03%), Magnesium: 55.62mg (13.9%), Vitamin B2: 0.21mg (12.39%), Vitamin A: 597.58IU (11.95%), Fiber: 2.66g (10.64%), Calcium: 97.31mg (9.73%), Vitamin E: 1.45mg (9.7%), Potassium: 285.47mg (8.16%), Folate: 31.36µg (7.84%), Zinc: 1.06mg (7.1%), Vitamin D: 0.85µg (5.66%), Vitamin B1: 0.08mg (5.42%), Vitamin B5: 0.43mg (4.33%), Vitamin B3: 0.79mg (3.94%), Vitamin B12: 0.21µg (3.53%), Vitamin B6: 0.06mg (2.92%)