



Peppermint-Mousse Cake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



860 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 peppermint candies hard chopped
- ☐ 1 tablespoon plus
- ☐ 0.3 cup mascarpone cheese sour
- ☐ 12 ounce peppermint candies
- ☐ 16 ounce round cake frozen
- ☐ 12 ounce semi chocolate chips chopped
- ☐ 0.5 cup slivered almonds toasted chopped

- ☐ 2 tablespoons sugar
- ☐ 1 cup whipping cream

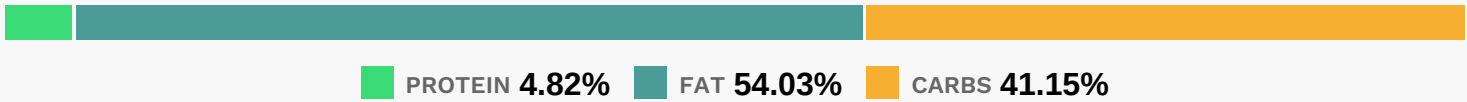
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Defrost the pound cake according to the label directions. Slice it horizontally into 3 layers. In a large bowl, combine the whipping cream and sugar and beat until stiff peaks form. Fold in the mascarpone, almonds, and 1/3 of the mint chocolate chips.
- ☐ Place half the remaining mint chocolate chips in a small bowl and microwave 1 minute or just until shiny. Stir until smooth. Gently fold the melted chocolate (plus half the peppermint extract if using plain chocolate chips) into the whipped cream.
- ☐ Spread the bottom layer of the cake with half the chocolate cream filling and top with the middle cake layer.
- ☐ Spread with the remaining chocolate filling. Set the top layer in place. Cover with plastic wrap and refrigerate for 2 hours to set. (Can be made up to 1 day ahead to this point.) Melt the remaining chocolate chips in a small bowl and microwave about 1 minute or just until shiny. Stir in the corn syrup, butter, and the remaining peppermint extract (if using plain chocolate chips) until smooth.
- ☐ Pour this glaze over the cake. Top with the crushed candy. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:2.97, Inflammation Score:-6, Nutrition Score:13.85347836821%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg,

Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin:
0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:
0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 860.38kcal (43.02%), Fat: 52.65g (81%), Saturated Fat: 33.29g (208.06%), Carbohydrates: 90.21g
(30.07%), Net Carbohydrates: 85.69g (31.16%), Sugar: 67.26g (74.74%), Cholesterol: 108.56mg (36.19%), Sodium:
420.06mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 10.56g (21.13%),
Manganese: 0.84mg (41.86%), Copper: 0.64mg (31.94%), Magnesium: 101.48mg (25.37%), Iron: 4.51mg (25.07%),
Phosphorus: 238.8mg (23.88%), Vitamin B2: 0.31mg (18.12%), Fiber: 4.53g (18.12%), Calcium: 178.7mg (17.87%),
Vitamin E: 2.47mg (16.47%), Vitamin A: 731.87IU (14.64%), Selenium: 9.97µg (14.25%), Vitamin B1: 0.17mg (11.53%),
Zinc: 1.71mg (11.42%), Potassium: 375.91mg (10.74%), Vitamin B3: 1.72mg (8.58%), Folate: 30.91µg (7.73%), Vitamin
B5: 0.51mg (5.1%), Vitamin B12: 0.27µg (4.44%), Vitamin K: 4.37µg (4.16%), Vitamin D: 0.59µg (3.93%), Vitamin B6:
0.06mg (3.19%)