



Raspberry-Mocha Cake

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 16 ounce chocolate sweet sugar-free low-fat (such as 'N Low)
- ☐ 1.5 cups general foods international suisse mocha cafe flavored brewed
- ☐ 0.5 cup skim milk fat-free cold
- ☐ 0.3 cup fruit melted
- ☐ 1.1 ounce cocoa mix sugar-free instant
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.3 ounce non-dairy whipped topping sugar-free reduced-calorie (such as Dream Whip)

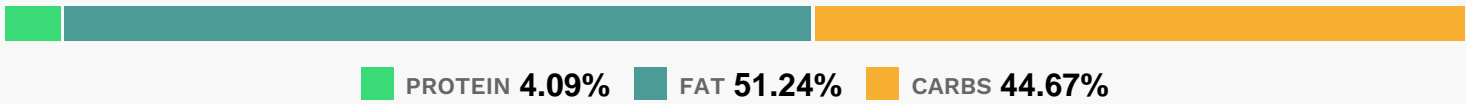
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Prepare cake mix according to package directions, substituting coffee for water.
- ☐ Pour batter into 2 (8-inch) round cake pans.
- ☐ Bake at 375 for 20 to 25 minutes or until a wooden pick inserted into center comes out clean. Cool cakes in pans 10 minutes on a wire rack.
- ☐ Remove cakes from pans. Poke several holes in each cake layer with a wooden pick.
- ☐ Brush warm cake layers with melted raspberry spread.
- ☐ Let cool completely on wire racks.
- ☐ Combine cocoa mix and whipped topping mix in a large bowl.
- ☐ Add milk and vanilla; beat with a mixer at low speed until blended. Beat at high speed for 4 minutes or until soft peaks form.
- ☐ Place 1 cake layer on a serving plate; top with half of frosting. Top first layer with second cake layer; spread remaining frosting on sides and top of cake. Chill frosted cake until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.74, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:4.1378261372447%

Nutrients (% of daily need)

Calories: 247.54kcal (12.38%), Fat: 15.07g (23.18%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 26.67g (9.7%), Sugar: 23.86g (26.51%), Cholesterol: 2.35mg (0.78%), Sodium: 29.48mg (1.28%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Caffeine: 152.43mg (50.81%), Protein: 2.71g (5.41%), Copper: 0.26mg (12.79%), Magnesium: 50.37mg (12.59%), Fiber: 2.89g (11.56%), Manganese: 0.23mg (11.52%), Phosphorus:

73.54mg (7.35%), Vitamin B2: 0.12mg (7.27%), Iron: 1.26mg (7%), Zinc: 0.68mg (4.51%), Potassium: 155.31mg (4.44%), Calcium: 36.56mg (3.66%), Vitamin K: 2.97µg (2.83%), Selenium: 1.45µg (2.07%), Vitamin B3: 0.31mg (1.54%), Vitamin B6: 0.02mg (1.19%)