



Super Moist Chocolate Cake with Chocolate-Cinnamon Topping

READY IN



95 min.

SERVINGS



12

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apple sauce
- ☐ 12 servings garnish: chocolate sauce
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 pound chocolate fudge cake mix
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 3.9 ounce chocolate fudge pudding instant (recommended: Jell-O)

- ☐ 0.8 cup nonfat yogurt plain
- ☐ 12 ounce silken tofu soft
- ☐ 8 ounce non-dairy whipped topping (recommended: Cool Whip Lite)
- ☐ 2 cups zucchini finely grated

Equipment

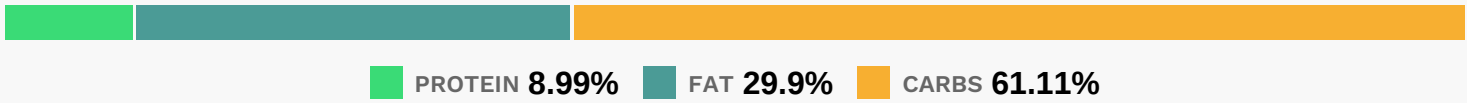
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ sieve
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F. Lightly coat with cooking spray the bottom only of a 9 by 13 inch glass cake pan.
- ☐ FOR CAKE: Set grated zucchini in a mesh strainer over a bowl and lightly press with a spatula to release water. In a large mixing bowl, combine the cake mix, cinnamon, eggs, egg whites, nonfat yogurt, and applesauce. Beat on low speed with an electric mixer for 2 minutes, scraping the sides of the bowl often. Fold in drained grated zucchini.
- ☐ Pour into prepared cake pan.
- ☐ Bake for 45 to 50 minutes or until toothpick inserted into the center of the cake comes out clean. Cool completely. When cool, invert cake onto a large plate or platter, and cut cake into 12 large squares with a clean, sharp knife.
- ☐ FOR MOUSSE TOPPING: While cake is baking, combine tofu, pudding mix and cinnamon in a bowl. Using an electric mixer beat on high speed for 2 minutes. Fold in the whipped topping with electric mixer on low speed. Cover and refrigerate until ready to serve.

To serve, cut each cake square in half diagonally to make 2 triangles. Use a spoon to decorate each plate with chocolate sauce, set 2 cake triangles on each plate, sprinkle generously with confectioners' sugar and cocoa powder, and dollop with chocolate mousse.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:7.4552173640417%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 286.58kcal (14.33%), Fat: 9.92g (15.27%), Saturated Fat: 3.75g (23.47%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 43.68g (15.88%), Sugar: 29.1g (32.33%), Cholesterol: 16.19mg (5.4%), Sodium: 490.84mg (21.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.87mg (1.62%), Protein: 6.71g (13.43%), Phosphorus: 183.28mg (18.33%), Copper: 0.27mg (13.56%), Iron: 2.33mg (12.94%), Manganese: 0.25mg (12.6%), Calcium: 122.62mg (12.26%), Selenium: 8.43µg (12.04%), Vitamin B2: 0.2mg (11.65%), Magnesium: 40.43mg (10.11%), Potassium: 340.58mg (9.73%), Folate: 33.78µg (8.45%), Vitamin B1: 0.12mg (8.02%), Fiber: 1.94g (7.74%), Zinc: 0.82mg (5.45%), Vitamin C: 4.01mg (4.86%), Vitamin B3: 0.87mg (4.37%), Vitamin E: 0.65mg (4.34%), Vitamin B6: 0.08mg (3.85%), Vitamin K: 3.37µg (3.21%), Vitamin B12: 0.17µg (2.9%), Vitamin B5: 0.28mg (2.78%), Vitamin A: 85.94IU (1.72%)