



## Yummy Cappuccino Mocha Torte

READY IN



68 min.

SERVINGS



16

CALORIES



713 kcal

DESSERT

### Ingredients

- ☐ 12 ounce bittersweet chocolate finely chopped
- ☐ 16 ounce bittersweet chocolate finely chopped
- ☐ 2 tablespoons plus light
- ☐ 5 egg whites
- ☐ 4 graham crackers
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 6 teaspoons coffee instant divided

- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup slivered almonds
- ☐ 0.5 cup butter unsalted cut into pieces
- ☐ 5 tablespoons butter unsalted melted
- ☐ 6 tablespoons butter unsalted cut into pieces
- ☐ 0.5 cup walnut pieces chopped
- ☐ 3 tablespoons water
- ☐ 1.8 cups whipping cream divided
- ☐ 2 cups whipping cream

## Equipment

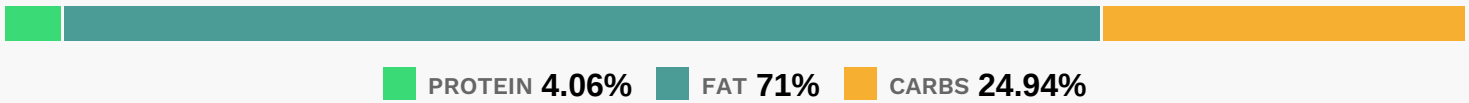
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan
- ☐ candy thermometer

## Directions

- ☐ Process first 5 ingredients in a food processor until mixture becomes fine crumbs.
- ☐ Add 5 tablespoons melted butter; pulse 3 or 4 times or until combined. Firmly press crumb mixture into bottom and 1 inch up sides of a 10-inch springform pan.
- ☐ Bake at 350 for 15 minutes. Cool completely on a wire rack.
- ☐ Heat 2 cups whipping cream in a large saucepan over medium heat; bring to a simmer.

- ☐ Remove pan from heat, and add 16 ounces chocolate, stirring until chocolate melts.
- ☐ Add 1/2 cup butter and corn syrup, stirring until smooth.
- ☐ Pour fudge into prepared pan. Chill 1 hour or until firm.
- ☐ Heat 12 ounces chocolate, 6 tablespoons butter, and 1 teaspoon coffee granules in a saucepan over low heat, stirring constantly, until chocolate is melted and smooth.
- ☐ Pour chocolate mixture into a small bowl. Set aside.
- ☐ Bring 1/2 cup granulated sugar and 3 tablespoons water to a boil in a small heavy saucepan over medium heat, stirring constantly. Cook mixture 2 minutes or until a candy thermometer registers 240 (soft ball stage).
- ☐ Meanwhile, beat egg whites at high speed with an electric mixer until soft peaks form. Gradually beat hot syrup into egg whites. Continue beating until medium–stiff peaks form, about 3 minutes. Fold in 1 cup reserved chocolate mixture.
- ☐ Spread cappuccino mixture evenly over fudge layer.
- ☐ Combine 1/4 cup whipping cream and remaining 5 teaspoons coffee granules in a large bowl, whisking until coffee dissolves.
- ☐ Add remaining 1 1/2 cups whipping cream, powdered sugar, and cinnamon. Beat at high speed with an electric mixer until stiff peaks form. Fold in remaining 1/2 cup chocolate mixture. Reserve 2 cups mousse; spread remaining mousse evenly over cappuccino layer. Pipe reserved mousse around top of cake. Cover and chill 8 hours. Store in refrigerator.
- ☐ Tip: When preparing the mousse, the reserved chocolate will be a bit thick, causing a speckled look in the mousse mixture. For a fun touch, top this mousse layer with large chocolate curls.

## Nutrition Facts



## Properties

Glycemic Index:16.76, Glycemic Load:8.91, Inflammation Score:-7, Nutrition Score:13.039999970923%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg,

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 712.52kcal (35.63%), Fat: 57.18g (87.96%), Saturated Fat: 32.76g (204.72%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 40.42g (14.7%), Sugar: 34.27g (38.08%), Cholesterol: 101.95mg (33.98%), Sodium: 135.39mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 54.44mg (18.15%), Protein: 7.35g (14.69%), Manganese: 0.87mg (43.7%), Copper: 0.73mg (36.3%), Magnesium: 110.84mg (27.71%), Vitamin A: 1263.45IU (25.27%), Phosphorus: 203.87mg (20.39%), Iron: 3.6mg (20.02%), Fiber: 4.77g (19.09%), Vitamin E: 2.08mg (13.89%), Vitamin B2: 0.23mg (13.58%), Selenium: 8.34µg (11.91%), Potassium: 414.32mg (11.84%), Zinc: 1.77mg (11.79%), Calcium: 89.11mg (8.91%), Vitamin D: 1.14µg (7.62%), Vitamin K: 6.64µg (6.33%), Vitamin B3: 0.87mg (4.35%), Vitamin B1: 0.06mg (3.82%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.22µg (3.59%), Vitamin B6: 0.07mg (3.26%), Folate: 9.79µg (2.45%)