

# Chocolate Freezer Cake

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 6

*1 Cocoa Spongecake (see Desserts/  
Cakes)*

*2 ounces orange liqueur*

*1 1/4 cups Chocolate Mousse II (see  
Desserts/ Creams and Custards)*

*3/4 cup chocolate shavings*

*1 1/4 cups Chantilly Cream*

Slice the spongecake into two layers. Line the bottom of a 9-inch springform cake pan with the first layer. Moisten with one ounce of orange liqueur. Set aside.

In a bowl, mix the Chocolate Mousse and chocolate shavings. Spread over the first layer. Cover with the second spongecake layer. Moisten with the remaining liqueur. Seal the cake pan in plastic wrap. Freeze for at least two hours.

Remove from the freezer. Unclip the pan. Unmold the cake. Cover the top and sides with 1-1/4 cups of Chantilly Cream. Freeze for one more hour or so.

Before serving, decorate with the orange slices and peel.

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Per Serving (excluding unknown items): 183 Calories; 14g Fat (72.9% calories from fat); 1g Protein; 10g Carbohydrate; 0g Dietary Fiber; 50mg Cholesterol; 25mg Sodium. Exchanges: 2 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	183	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	72.9%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	23.6%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.5%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	2mcg
			trace

**Saturated Fat (g):** 8g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 50mg  
**Carbohydrate (g):** 10g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 1g  
**Sodium (mg):** 25mg  
**Potassium (mg):** 38mg  
**Calcium (mg):** 24mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 541IU  
**Vitamin A (r.e.):** 155RE

**Niacin (mg):**  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 29  
**% Refuse:** 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 183 **Calories from Fat:** 134

### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	8g	42%
<b>Cholesterol</b>	50mg	17%
<b>Sodium</b>	25mg	1%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	0g	0%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		11%
<b>Vitamin C</b>		0%
<b>Calcium</b>		2%
<b>Iron</b>		0%

\* Percent Daily Values are based on a 2000 calorie diet.