

# Chocolate Mint Cake

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1 cup all-purpose flour  
1 cup sugar  
1/2 cup butter or margarine, softened  
4 eggs  
1 can (16 ounce) (1.5 cups) chocolate  
syrup  
**MINT TOPPING**  
2 cups confectioner's sugar  
1/2 cup butter or margarine, softened  
1 tablespoon water  
1/2 to 3/4 teaspoon mint extract  
3 drops green food coloring  
6 tablespoons butter or margarine,  
softened  
1 cup semisweet chocolate chips

Preheat the oven to 350 degrees.

Grease a 9x13-inch pan.

In a large mixer bowl, combine the flour, sugar, butter, eggs and chocolate syrup. Beat until smooth. Pour the batter into the prepared pan.

Bake for 25 to 30 minutes or until the top springs back when tapped lightly. Cool completely in the pan.

In a small bowl, combine the confectioner's sugar, butter, water, mint extract and food coloring. Beat until smooth. Spread the mixture on the cooled cake. Cover and chill.

In a small saucepan over low heat, melt the butter and chocolate chips. Remove from the heat. Stir until smooth. Cool slightly.

Pour the chocolate mixture over the chilled cake.

Cover and chill for at least one hour before serving.

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Per Serving (excluding unknown items): 6153 Calories; 327g Fat (45.8% calories from fat); 53g Protein; 819g Carbohydrate; 19g Dietary Fiber; 1531mg Cholesterol; 3038mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 62 Fat; 48 Other Carbohydrates.

Desserts

Calories (kcal):	6153
% Calories from Fat:	45.8%
% Calories from Carbohydrates:	50.9%
% Calories from Protein:	3.3%
Total Fat (g):	327g
Saturated Fat (g):	195g
Monounsaturated Fat (g):	98g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	1531mg
Carbohydrate (g):	819g
Dietary Fiber (g):	19g
Protein (g):	53g
Sodium (mg):	3038mg
Potassium (mg):	1942mg
Calcium (mg):	298mg
Iron (mg):	20mg
Zinc (mg):	8mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	10955IU
Vitamin A (r.e.):	2685RE

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	2.1mg
Folacin (mcg):	314mcg
Niacin (mg):	10mg
Caffeine (mg):	146mg
Alcohol (kcal):	0
% Refuse:	n n%

### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	62
Other Carbohydrates:	48

## Nutrition Facts

### Amount Per Serving

Calories 6153      Calories from Fat: 2817

### % Daily Values\*

<b>Total Fat</b> 327g	504%
Saturated Fat 195g	976%
<b>Cholesterol</b> 1531mg	510%
<b>Sodium</b> 3038mg	127%
<b>Total Carbohydrates</b> 819g	273%
Dietary Fiber 19g	75%
<b>Protein</b> 53g	
<b>Vitamin A</b>	219%
<b>Vitamin C</b>	1%
<b>Calcium</b>	30%
<b>Iron</b>	113%

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