



Almond Chocolate Torte

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



472 kcal

DESSERT

Ingredients

- 0.7 cup almonds toasted sliced
- 8 ounces bittersweet chocolate chopped
- 16 ounces cream cheese softened
- 1 cup sugar
- 1 envelope gelatin powder unflavored
- 0.3 cup water cold
- 2 cups cup heavy whipping cream

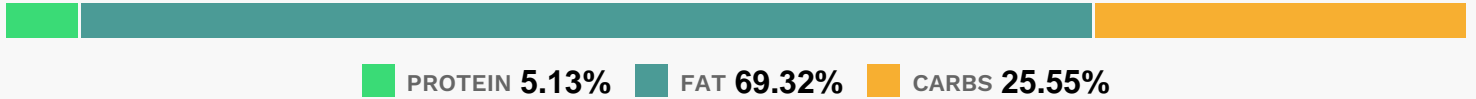
Equipment

- bowl
- frying pan
- sauce pan
- microwave
- springform pan

Directions

- Set aside 1 tablespoon almonds for garnish. Chop remaining almonds; sprinkle into a greased 9-in. springform pan. In a microwave, melt chocolate; stir until smooth. Cool slightly.
- In a large bowl, beat cream cheese and sugar until smooth. Meanwhile, in a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Cook and stir over low heat until gelatin is completely dissolved. Beat into cream cheese mixture. Beat in melted chocolate until smooth. Fold in whipped cream.
- Pour into prepared pan.
- Sprinkle with reserved almonds. Cover and refrigerate for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:12.24, Inflammation Score:-6, Nutrition Score:7.9395652504071%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 472.31kcal (23.62%), Fat: 37.17g (57.18%), Saturated Fat: 21.12g (131.98%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 28.67g (10.43%), Sugar: 26.37g (29.3%), Cholesterol: 84.13mg (28.04%), Sodium: 132.9mg

(5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 6.19g (12.38%), Vitamin A: 1100.25IU (22%), Manganese: 0.37mg (18.65%), Copper: 0.31mg (15.71%), Vitamin E: 2.11mg (14.07%), Phosphorus: 137.4mg (13.74%), Vitamin B2: 0.23mg (13.74%), Magnesium: 53.42mg (13.35%), Selenium: 6.57µg (9.38%), Calcium: 88.95mg (8.89%), Fiber: 2.15g (8.6%), Iron: 1.48mg (8.22%), Potassium: 232.63mg (6.65%), Zinc: 0.95mg (6.32%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.4mg (3.98%), Vitamin K: 3.42µg (3.26%), Vitamin B12: 0.18µg (3.01%), Vitamin B6: 0.05mg (2.43%), Vitamin B1: 0.03mg (2.22%), Vitamin B3: 0.4mg (2.02%), Folate: 7.41µg (1.85%)