



BAKER'S ONE BOWL Bittersweet Torte

 Dairy Free

READY IN



100 min.

SERVINGS



40

CALORIES



84 kcal

DESSERT

Ingredients

- 4 oz baker's bittersweet chocolate divided
- 0.8 cup butter
- 3 eggs
- 0.3 cup flour
- 0.5 cup planters pecans chopped
- 0.3 tsp salt
- 1 cup sugar
- 1 tsp vanilla

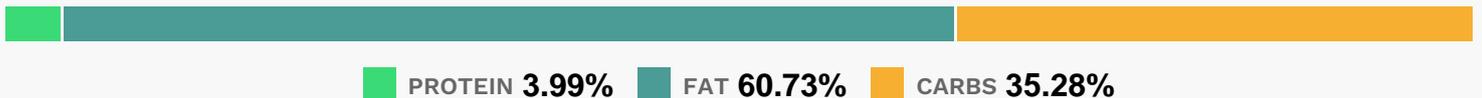
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Spray 9-inch round pan with cooking spray; cover bottom with waxed paper.
- Microwave 4 oz. chocolate and butter in large microwaveable bowl on HIGH 1-1/2 to 2 min. or until butter is melted, stirring after 1 min. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla.
- Add flour and salt; mix well. Stir in nuts.
- Pour into prepared pan.
- Bake 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan 10 min. Run small knife around side of pan to loosen edge. Invert torte onto wire rack; remove waxed paper. Cool torte completely. Melt remaining chocolate; drizzle over torte.
- Let stand 15 min. or until glaze is firm.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:4.07, Inflammation Score:-1, Nutrition Score:1.3713043603398%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 83.63kcal (4.18%), Fat: 5.74g (8.84%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.13g (2.59%), Sugar: 6.11g (6.79%), Cholesterol: 12.45mg (4.15%), Sodium: 59.72mg (2.6%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.85g (1.7%), Manganese: 0.1mg (5.09%), Vitamin A: 172.18IU (3.44%), Copper: 0.05mg (2.73%), Selenium: 1.68µg (2.4%), Phosphorus: 19.44mg (1.94%), Magnesium: 7.25mg (1.81%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.52%), Fiber: 0.37g (1.49%), Vitamin E: 0.2mg (1.34%), Vitamin B1: 0.02mg (1.27%), Zinc: 0.18mg (1.21%)