



Black-Bottom Ice Cream Torte with Warm Chocolate Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



287 kcal

DESSERT

Ingredients

- 1 ounce bittersweet chocolate grated
- 0.5 cup chocolate wafers crushed finely (12 wafers)
- 0.5 cup plus dark
- 0.3 cup dutch process cocoa
- 1 tablespoon egg white lightly beaten
- 0.3 cup evaporated milk fat-free
- 6 cups whipped cream divided reduced-fat (such as Healthy Choice)
- 2 tablespoons semisweet chocolate minichips

- 3 cups raspberry sherbet
- 1 cup sugar
- 1 tablespoon sugar
- 2 teaspoons vanilla extract
- 1 cup water

Equipment

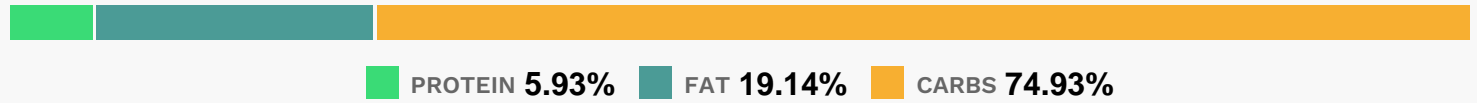
- bowl
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- springform pan

Directions

- Preheat oven to 350
- To prepare crust, combine crushed wafers, 1 tablespoon sugar, and egg white in a bowl; toss with a fork until moist. Press into bottom and sides of a 9-inch springform pan coated with cooking spray.
- Bake 15 minutes; cool on a wire rack.
- Spoon 3 cups ice cream into cooled crust, spreading evenly. Cover with plastic wrap; freeze until firm. Repeat process with sherbet; freeze again until firm.
- Spread remaining 3 cups ice cream over sherbet; sprinkle with minichips. Freeze overnight or until firm.
- To prepare sauce, combine water, 1 cup sugar, and corn syrup in a small saucepan over medium heat. Bring to a boil; reduce to low and simmer until slightly thick (about 15 minutes).
- Remove from heat; stir in grated chocolate and cocoa; whisk until smooth. Stir in evaporated milk and vanilla.

Make sure torte is thoroughly frozen before slicing. Spoon about 2 1/2 tablespoons sauce over each slice of torte. Top with raspberries and mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:29.34, Inflammation Score:-3, Nutrition Score:5.0739130027916%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 287.32kcal (14.37%), Fat: 6.27g (9.65%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 55.23g (18.41%), Net Carbohydrates: 53.66g (19.51%), Sugar: 45.41g (50.46%), Cholesterol: 17.17mg (5.72%), Sodium: 121.61mg (5.29%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.94mg (2.31%), Protein: 4.37g (8.74%), Vitamin B2: 0.22mg (12.79%), Calcium: 125.9mg (12.59%), Phosphorus: 108.18mg (10.82%), Manganese: 0.17mg (8.48%), Copper: 0.16mg (7.9%), Magnesium: 29.3mg (7.33%), Potassium: 220.81mg (6.31%), Fiber: 1.57g (6.28%), Zinc: 0.86mg (5.7%), Vitamin A: 280.23IU (5.6%), Vitamin B12: 0.32µg (5.4%), Iron: 0.91mg (5.08%), Selenium: 3.14µg (4.48%), Vitamin B5: 0.41mg (4.08%), Vitamin B1: 0.06mg (3.87%), Folate: 8.79µg (2.2%), Vitamin B6: 0.04mg (2.09%), Vitamin B3: 0.38mg (1.89%), Vitamin C: 1.4mg (1.69%), Vitamin E: 0.15mg (1.02%)