

Brownie Torte

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon plus light
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 0.5 cup sugar white

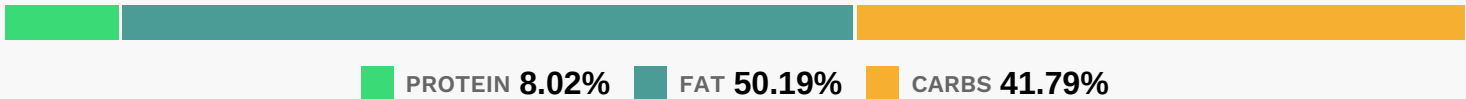
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Butter and flour a 9 inch round cake pan.
- ☐ In a pan over low heat, melt 1/2 cup butter and 1/2 cup light corn syrup.
- ☐ Stir in 1 cup chocolate chips until melted.
- ☐ Remove from heat and add sugar and eggs, and stir until blended.
- ☐ Stir in 1 teaspoon vanilla , flour, and nuts.
- ☐ Pour into pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes, or until center springs back when touched.
- ☐ Cool in pan 10 minutes. Then place on a cooling rack.
- ☐ Combine chocolate chips, 2 tablespoons butter or margarine and corn syrup in pan. Stir over low heat till chocolate chips are melted.
- ☐ Remove from heat. Stir in vanilla.
- ☐ Frost tops and sides of torte. Chill until set.
- ☐ Garnish with sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:17.96, Inflammation Score:-4, Nutrition Score:8.8360870603634%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 323.7kcal (16.18%), Fat: 18.45g (28.39%), Saturated Fat: 5.71g (35.72%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 32.27g (11.73%), Sugar: 19.27g (21.41%), Cholesterol: 69.58mg (23.19%), Sodium: 49.54mg (2.15%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Caffeine: 9.68mg (3.22%), Protein: 6.63g (13.27%), Manganese: 0.76mg (38.06%), Copper: 0.41mg (20.43%), Selenium: 12.15µg (17.36%), Phosphorus: 130.27mg (13.03%), Folate: 50.79µg (12.7%), Vitamin B1: 0.18mg (12.31%), Magnesium: 48.48mg (12.12%), Iron: 2.16mg (11.99%), Vitamin B2: 0.18mg (10.83%), Fiber: 2.3g (9.21%), Zinc: 1.09mg (7.26%), Vitamin B3: 1.2mg (5.98%), Vitamin B6: 0.12mg (5.88%), Potassium: 169.63mg (4.85%), Vitamin B5: 0.44mg (4.43%), Vitamin A: 185.12IU (3.7%), Calcium: 34.27mg (3.43%), Vitamin B12: 0.17µg (2.88%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.55µg (1.47%)