



Brownie Torte

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 14 ounce chocolate brownies fat-free
- ☐ 0.5 cup chocolate frosting reduced-fat
- ☐ 0.3 cup raspberry fruit spread

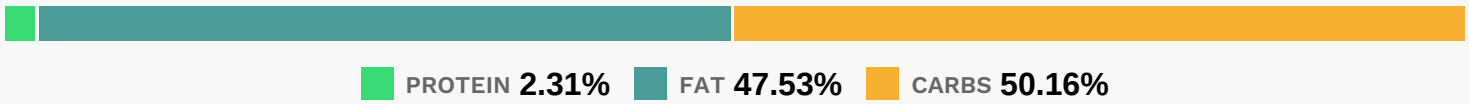
Equipment

- ☐ microwave

Directions

- ☐ Cut 1 (14-ounce) packaged brownie in half crosswise.
- ☐ Spread 1/4 cup fruit spread on one half of brownie, and top with remaining brownie half. Melt 1/2 cup frosting in microwave at HIGH 45 seconds or until thin and smooth.
- ☐ Pour frosting over torte, spreading on top and sides of torte. To serve, slice crosswise into 8 pieces.
- ☐ Garnish with fresh raspberries and fresh mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:15.56, Inflammation Score:-2, Nutrition Score:4.7056521786296%

Nutrients (% of daily need)

Calories: 337.14kcal (16.86%), Fat: 19.46g (29.94%), Saturated Fat: 10.74g (67.15%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 43.24g (15.72%), Sugar: 38.84g (43.16%), Cholesterol: 0mg (0%), Sodium: 37.19mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 33.03mg (11.01%), Protein: 2.13g (4.26%), Copper: 0.32mg (16.18%), Magnesium: 59.45mg (14.86%), Manganese: 0.28mg (14.16%), Fiber: 2.97g (11.89%), Iron: 1.62mg (9.01%), Phosphorus: 86.11mg (8.61%), Vitamin B2: 0.13mg (7.62%), Zinc: 0.79mg (5.28%), Potassium: 179.74mg (5.14%), Vitamin K: 3.13µg (2.98%), Selenium: 1.71µg (2.45%), Vitamin E: 0.36mg (2.41%), Vitamin B3: 0.35mg (1.77%), Calcium: 15.16mg (1.52%), Vitamin B6: 0.02mg (1.21%), Vitamin C: 0.94mg (1.13%)