



## Brownie Torte with Raspberry Sauce

READY IN



105 min.

SERVINGS



8

CALORIES



325 kcal

DESSERT

### Ingredients

- 0.5 cup sugar
- 0.5 cup butter softened
- 3 eggs
- 0.7 cup semi chocolate chips cooled melted
- 0.3 cup flour all-purpose
- 10 ounces raspberries frozen thawed drained
- 0.3 cup sugar
- 2 tablespoons cornstarch

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- sieve
- hand mixer
- toothpicks

## Directions

- Heat oven to 400°F. Grease and flour round pan, 8x1 1/2 inches.
- In medium bowl, beat 1/2 cup sugar and the butter with electric mixer on medium speed until smooth. Stir in eggs and melted chocolate until smooth and blended. Stir in flour.
- Pour into pan.
- Bake 18 to 20 minutes or until toothpick inserted in center of torte comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour.
- Meanwhile, add enough water to reserved juice to measure 1 1/4 cups. In 1 1/2-quart saucepan, mix 1/4 cup sugar and the cornstarch. Stir in juice mixture and raspberries.
- Heat to boiling over medium heat, stirring frequently. Boil and stir 1 minute; cool. Strain sauce through a strainer to remove seeds.
- Serve torte with sauce.

## Nutrition Facts



**PROTEIN 4.78%** **FAT 52.09%** **CARBS 43.13%**

## Properties

Glycemic Index:36.4, Glycemic Load:15.75, Inflammation Score:-4, Nutrition Score:7.2104347477789%

## Flavonoids

Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 324.62kcal (16.23%), Fat: 19.15g (29.46%), Saturated Fat: 11.13g (69.54%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 32.06g (11.66%), Sugar: 25.87g (28.74%), Cholesterol: 92.78mg (30.93%), Sodium: 116.96mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 3.95g (7.9%), Manganese: 0.47mg (23.46%), Fiber: 3.63g (14.51%), Copper: 0.24mg (11.95%), Selenium: 8.03µg (11.47%), Vitamin C: 9.28mg (11.25%), Iron: 1.68mg (9.36%), Magnesium: 37.38mg (9.34%), Vitamin A: 462.84IU (9.26%), Phosphorus: 89.83mg (8.98%), Vitamin B2: 0.12mg (7.29%), Vitamin E: 0.9mg (6.01%), Folate: 22.77µg (5.69%), Zinc: 0.8mg (5.35%), Potassium: 169.35mg (4.84%), Vitamin K: 4.9µg (4.67%), Vitamin B5: 0.45mg (4.47%), Vitamin B1: 0.05mg (3.61%), Vitamin B12: 0.2µg (3.3%), Calcium: 31.62mg (3.16%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.05mg (2.74%), Vitamin D: 0.33µg (2.2%)