



Chocoholic's Dream Torte

READY IN



45 min.

SERVINGS



12

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 19.8 ounce fudge brownie mix
- ☐ 12 servings chocolate mousse
- ☐ 2 large eggs
- ☐ 0.7 cup milk chocolate morsels
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup semisweet chocolate morsels divided (6-ounce package)
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

- ☐ 0.3 cup water
- ☐ 12 servings garnishes: whipped cream chopped
- ☐ 1 cup whipping cream

Equipment

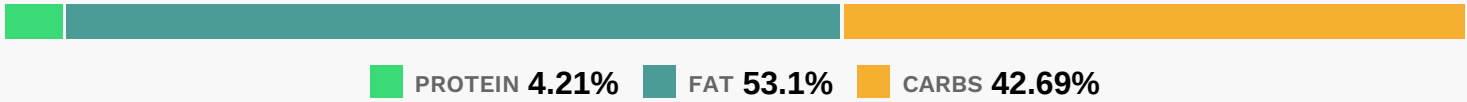
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ double boiler
- ☐ wooden spoon
- ☐ springform pan

Directions

- ☐ Combine first 4 ingredients in a large bowl; beat with a wooden spoon 2 minutes. Stir in 1/3 cup semisweet chocolate morsels.
- ☐ Spread batter into a greased 10-inch springform pan.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- ☐ Combine remaining 2/3 cup semisweet morsels, milk chocolate morsels, and whipping cream in top of a double boiler; bring water to a boil. Reduce heat to low; cook until chocolate melts, stirring often.
- ☐ Remove from heat; stir in butter until melted. Stir in pecans and vanilla; pour mixture into a medium bowl.
- ☐ Place bowl in larger bowl filled with ice. Cool mixture, stirring constantly, 6 minutes or until mixture is cool and slightly thickened.
- ☐ Pour chocolate-pecan mixture evenly over cooled brownie layer; cover and chill at least 1 hour.
- ☐ Run a knife around edge of pan, and release sides.

- ☐
- Spread Chocolate Mousse evenly over chocolate-pecan layer. Chill 30 minutes before serving.
- ☐
- Garnish, if desired. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.22, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:5.5539130574983%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 489.14kcal (24.46%), Fat: 29.17g (44.87%), Saturated Fat: 13.06g (81.62%), Carbohydrates: 52.75g (17.58%), Net Carbohydrates: 51.11g (18.58%), Sugar: 35.75g (39.72%), Cholesterol: 59.33mg (19.78%), Sodium: 155.97mg (6.78%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 13.56mg (4.52%), Protein: 5.2g (10.41%), Manganese: 0.39mg (19.42%), Iron: 2.56mg (14.22%), Copper: 0.25mg (12.54%), Magnesium: 34.93mg (8.73%), Vitamin A: 404.62IU (8.09%), Phosphorus: 80.21mg (8.02%), Selenium: 4.62µg (6.6%), Fiber: 1.64g (6.57%), Vitamin B2: 0.09mg (5.38%), Vitamin K: 5.45µg (5.19%), Zinc: 0.75mg (5.02%), Potassium: 164.43mg (4.7%), Vitamin E: 0.62mg (4.13%), Calcium: 38mg (3.8%), Vitamin D: 0.52µg (3.46%), Vitamin B5: 0.26mg (2.61%), Vitamin B1: 0.04mg (2.6%), Vitamin B12: 0.14µg (2.28%), Vitamin B6: 0.04mg (1.76%), Folate: 5.7µg (1.42%)