



Chocolate Brownie Torte with White Chocolate Mousse and Caramelized Bananas

READY IN



45 min.

SERVINGS



12

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 4 banana firm ripe peeled
- ☐ 0.3 cup butter ()
- ☐ 0.5 cup cake flour
- ☐ 12 servings bittersweet chocolate
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 ounce bittersweet chocolate unsweetened chopped (not)

- ☐ 0.3 cup sugar
- ☐ 2 ounces baker's chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups whipping cream chilled
- ☐ 12 ounces chocolate white chopped (such as Lindt or Baker's)

Equipment

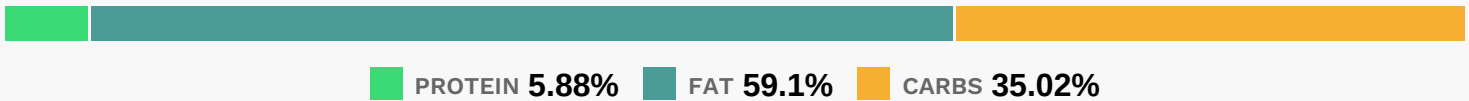
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ broiler
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch-diameter springform pan with 2 3/4-inch-high sides with nonstick spray. Dust pan with flour. Stir butter and both chocolates in heavy small saucepan over low heat until melted and smooth. Cool to room temperature.
- ☐ Using electric mixer, beat eggs and sugar in large bowl until thick, about 5 minutes. Beat in vanilla. Stir in chocolate mixture. Sift flour over and fold in.
- ☐ Transfer batter to prepared pan.
- ☐ Bake until tester inserted into center of brownie comes out with dry crumbs attached, about 18 minutes. Cool completely in pan on rack.
- ☐ Stir white chocolate and 3/4 cup cream in heavy medium saucepan over low heat just until white chocolate is melted. Cool completely.
- ☐ Beat remaining 3/4 cup cream in another large bowl until peaks form. Using clean dry beaters, beat egg whites in medium bowl until stiff but not dry. Gently fold whites, then whipped

- cream, into white chocolate mixture. Spoon mousse atop brownie in pan; smooth top. Cover torte and refrigerate overnight.
- ☐ Preheat broiler. Line heavy large baking sheet with foil. Spray foil with nonstick spray. Toss banana slices with sugar and lemon juice in large bowl to coat; arrange in single layer on prepared baking sheet. Broil until bananas begin to caramelize, about 3 minutes. Cool completely.
 - ☐ Release pan sides from torte.
 - ☐ Transfer torte to platter. Top with caramelized bananas.
 - ☐ Serve with chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:25.99, Glycemic Load:21.42, Inflammation Score:-5, Nutrition Score:8.3147826194763%

Flavonoids

Catechin: 5.44mg, Catechin: 5.44mg, Catechin: 5.44mg, Catechin: 5.44mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 419.16kcal (20.96%), Fat: 28.47g (43.81%), Saturated Fat: 17.36g (108.5%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 35.7g (12.98%), Sugar: 28.04g (31.16%), Cholesterol: 80.94mg (26.98%), Sodium: 91.56mg (3.98%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Caffeine: 6.67mg (2.22%), Protein: 6.37g (12.74%), Manganese: 0.4mg (19.82%), Vitamin B2: 0.25mg (14.8%), Selenium: 9.58µg (13.68%), Copper: 0.26mg (13.2%), Phosphorus: 127.48mg (12.75%), Vitamin A: 636.02IU (12.72%), Magnesium: 40.91mg (10.23%), Potassium: 341.66mg (9.76%), Vitamin B6: 0.19mg (9.51%), Calcium: 92.2mg (9.22%), Fiber: 2.26g (9.04%), Iron: 1.44mg (7.99%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.57mg (5.7%), Vitamin E: 0.84mg (5.62%), Vitamin B12: 0.3µg (5.03%), Vitamin C: 4.06mg (4.93%), Folate: 18.64µg (4.66%), Vitamin K: 4.8µg (4.57%), Vitamin D: 0.64µg (4.28%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.66mg (3.28%)