



Chocolate Brownie Torte with White Chocolate Mousse and Caramelized Bananas

READY IN



45 min.

SERVINGS



12

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 4 but bananas firm ripe peeled
- ☐ 0.3 cup butter ()
- ☐ 0.5 cup cake flour
- ☐ 12 servings bittersweet chocolate sauce
- ☐ 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 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

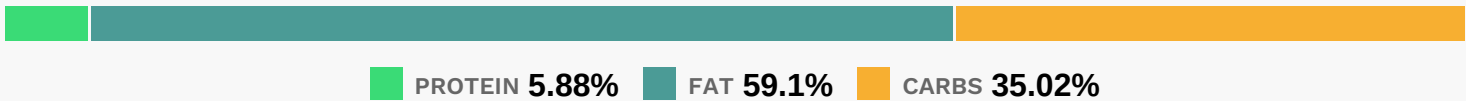
Directions

- ☐ 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%)