



## Chocolate-Orange Torte

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



462 kcal

DESSERT

### Ingredients

- 20 ounce double-chocolate muffin mix
- 4 oranges
- 0.5 cup slivered almonds
- 1 cup sugar

### Equipment

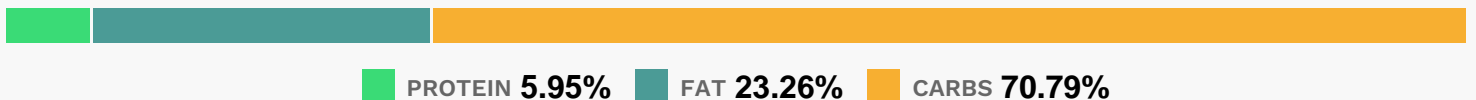
- frying pan
- sauce pan
- oven

- wire rack
- toothpicks
- cake form

## Directions

- Heat oven to 375 F. Lightly coat a 9-inch round cake pan with vegetable cooking spray.
- Finely chop the almonds. Grate 1 teaspoon orange zest from one of the oranges and cut strips of zest from another to use for garnish. Squeeze 1 1/2 cups juice from the oranges.
- Prepare the muffin mix according to the label directions but substitute 3/4 cup of the orange juice for water and blend in the chopped almonds and grated zest.
- Pour into pan.
- Bake 25 minutes or until a toothpick inserted in the center comes out clean. Cool torte in pan on a wire rack for 10 minutes.
- Remove from pan.
- Meanwhile, in a small saucepan, combine the sugar and the remaining 3/4 cup orange juice. Simmer, stirring occasionally, until slightly reduced and thickened, about 10 minutes. To serve, spoon the sauce over the torte and garnish with the orange-zest strips.

## Nutrition Facts



## Properties

Glycemic Index:15.32, Glycemic Load:20.13, Inflammation Score:-6, Nutrition Score:13.000434730364%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.06mg, Naringenin: 10.06mg, Naringenin: 10.06mg, Naringenin: 10.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 462.37kcal (23.12%), Fat: 12.17g (18.73%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 83.34g (27.78%), Net Carbohydrates: 76.32g (27.75%), Sugar: 45.78g (50.87%), Cholesterol: 1.42mg (0.47%), Sodium: 579.36mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin C: 34.92mg (42.32%), Phosphorus: 388.21mg (38.82%), Fiber: 7.02g (28.09%), Vitamin B1: 0.37mg (24.9%), Folate: 88.53µg (22.13%), Manganese: 0.39mg (19.74%), Vitamin B2: 0.3mg (17.69%), Vitamin B3: 2.8mg (13.99%), Vitamin E: 1.96mg (13.06%), Iron: 2.1mg (11.67%), Magnesium: 41.78mg (10.45%), Calcium: 85.01mg (8.5%), Copper: 0.16mg (8.05%), Potassium: 248.62mg (7.1%), Vitamin B6: 0.14mg (6.96%), Selenium: 4.72µg (6.75%), Vitamin B5: 0.54mg (5.36%), Vitamin A: 228.95IU (4.58%), Zinc: 0.66mg (4.42%), Vitamin K: 3.54µg (3.37%), Vitamin B12: 0.06µg (1.06%)