



Chocolate Pecan Torte

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate 70% finely chopped
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites at room temperature
- ☐ 2 egg yolk
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup pecans toasted

- ☐ 2 teaspoons powdered sugar
- ☐ 1 tablespoon bourbon
- ☐ 0.5 cup water boiling
- ☐ 12 servings whipped cream

Equipment

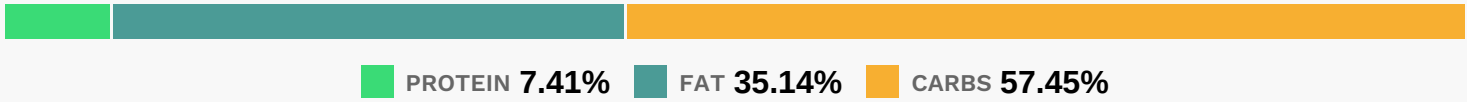
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Position rack in lower third of the oven and preheat to 375F. Grease the bottom and sides of a 9-inch round springform pan and line with parchment.
- ☐ Pulse pecans with flour in food processor until finely ground. Set aside. In large bowl, combine chopped chocolate, cocoa, and 3/4 cup sugar.
- ☐ Add boiling water.
- ☐ Whisk until chocolate is melted.
- ☐ Whisk in yolks and rum. Set aside.
- ☐ Combine egg whites with cream of tartar in mixing bowl. Beat on medium until soft peaks form. Gradually sprinkle in rest of sugar; beat on high until stiff but not dry.
- ☐ Whisk flour and pecans into mixture. Fold about 1/4 of egg whites into chocolate mixture to lighten it. Fold in remaining egg whites. Scrape batter into prepared pan; level the top.

☐ Bake 20–25 minutes or until toothpick comes out with a few moist crumbs clinging to it. Cool in pan, on a rack. The cake will sink in the center. Slide a small knife around inside of pan to detach cake. Invert cake; remove pan and paper liner. Turn right side up on platter, or leave cake on pan bottom and place on platter. To serve, sieve on powdered sugar; top with Classic Whipped Cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:13.09, Inflammation Score:-2, Nutrition Score:4.4208695797007%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 169.07kcal (8.45%), Fat: 6.91g (10.63%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.27g (8.46%), Sugar: 20.28g (22.53%), Cholesterol: 37.39mg (12.46%), Sodium: 20.73mg (0.9%), Alcohol: 0.42g (100%), Alcohol %: 0.86% (100%), Caffeine: 14.34mg (4.78%), Protein: 3.28g (6.56%), Manganese: 0.34mg (17.04%), Copper: 0.26mg (13%), Magnesium: 35.27mg (8.82%), Fiber: 2.14g (8.57%), Selenium: 5.69µg (8.13%), Phosphorus: 71.06mg (7.11%), Iron: 1.19mg (6.61%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.64mg (4.24%), Potassium: 144.18mg (4.12%), Vitamin B1: 0.04mg (2.76%), Folate: 9.99µg (2.5%), Calcium: 21.81mg (2.18%), Vitamin B5: 0.18mg (1.83%), Vitamin A: 89.06IU (1.78%), Vitamin B12: 0.1µg (1.63%), Vitamin B3: 0.29mg (1.44%), Vitamin E: 0.19mg (1.27%), Vitamin B6: 0.03mg (1.26%), Vitamin D: 0.19µg (1.24%)