



Chocolate-Raspberry Torte

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



172 kcal

DESSERT

Ingredients

- 0.8 cup butter
- 3 eggs
- 0.3 cup flour
- 0.5 cup planters pecans toasted chopped
- 1 Tbsp powdered sugar
- 0.5 cup raspberries fresh
- 3 oz jell-o raspberry flavor gelatin
- 12 oz baker's semi-sweet chocolate divided

- 0.5 cup sugar
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Spray 9-inch round pan with cooking spray; cover bottom with waxed paper. Microwave 4 oz. chocolate and butter in large microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted. Stir in dry gelatin mix and sugar until well blended.
- Add eggs; mix well. Stir in flour and nuts until well blended.
- Pour into prepared pan.
- Bake 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan 5 min. Run small knife around side of pan to loosen edge. Invert onto wire rack; remove waxed paper. Cool cake completely.
- Meanwhile, melt 4 oz. of the remaining chocolate as directed on package; spread onto waxed paper-covered baking sheet. Refrigerate 30 min.
- Microwave remaining chocolate in large microwaveable bowl as directed on package.
- Whisk in COOL WHIP until well blended.
- Transfer cake to plate; frost with COOL WHIP mixture.

Use sharp knife to cut chocolate on baking sheet into 1-1/2- to 2-inch irregular-shaped pieces. Arrange on cake. Top with raspberries and powdered sugar.

Nutrition Facts

PROTEIN 4.75% **FAT 59.67%** **CARBS 35.58%**

Properties

Glycemic Index:6.04, Glycemic Load:3.13, Inflammation Score:-3, Nutrition Score:3.2821739212326%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.86kcal (8.59%), Fat: 11.55g (17.76%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.26g (5.18%), Sugar: 12.15g (13.5%), Cholesterol: 17.2mg (5.73%), Sodium: 79.64mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.07g (4.13%), Manganese: 0.25mg (12.45%), Copper: 0.17mg (8.63%), Magnesium: 23.98mg (6%), Phosphorus: 55.74mg (5.57%), Iron: 0.93mg (5.15%), Fiber: 1.23g (4.93%), Vitamin A: 239.6IU (4.79%), Selenium: 3.23µg (4.62%), Zinc: 0.46mg (3.06%), Vitamin B2: 0.05mg (2.72%), Potassium: 91.93mg (2.63%), Vitamin E: 0.37mg (2.45%), Vitamin B1: 0.03mg (2%), Calcium: 18.55mg (1.85%), Folate: 5.76µg (1.44%), Vitamin B5: 0.13mg (1.34%), Vitamin B12: 0.08µg (1.34%), Vitamin K: 1.29µg (1.23%), Vitamin B3: 0.22mg (1.1%)