



Chocolate-Toasted Almond Mousse Torte

READY IN



210 min.

SERVINGS



8

CALORIES



262 kcal

DESSERT

Ingredients

- 0.3 cup planters almonds toasted sliced
- 1 cup milk fat-free
- 1 envelope knox gelatine unflavored
- 39 nilla chocolate wafers divided
- 0.3 cup raspberries fresh
- 0.5 cup sugar
- 0.5 cup cocoa powder unsweetened
- 1 tsp vanilla
- 0.3 cup water cold

- 2 cups cool whip lite whipped topping divided thawed

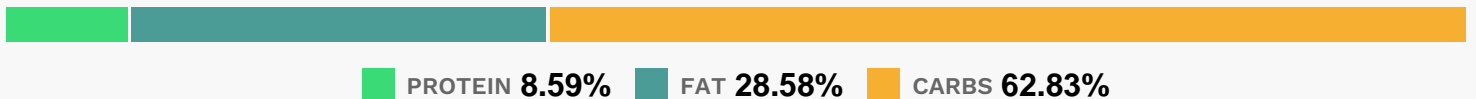
Equipment

- food processor
- bowl
- sauce pan
- whisk
- blender
- springform pan

Directions

- Sprinkle gelatine over cold water in small saucepan; let stand 1 minute. Cook on low heat 2 minutes or until gelatine is completely dissolved, stirring constantly.
- Place milk, sugar, cocoa and vanilla in blender or food processor container; cover. Blend well. Gradually add gelatine mixture through feed cap, processing until well blended; pour into medium bowl.
- Add 1-1/2 cups of the whipped topping; stir with wire whisk until well blended. Cover and refrigerate 1 hour or until slightly thickened.
- Line bottom and side of 9-inch springform pan with 35 of the wafers. Spoon thickened chocolate mixture into lined pan; cover. Refrigerate 2 hours or until firm.
- Cut remaining 4 wafers in half. Top torte with remaining 1/2 cup whipped topping, almonds, raspberries and halved wafers just before serving.

Nutrition Facts



Properties

Glycemic Index:23.61, Glycemic Load:19.34, Inflammation Score:-4, Nutrition Score:7.6730434479921%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin:

0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 262.48kcal (13.12%), Fat: 8.87g (13.65%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 40.3g (14.65%), Sugar: 29.84g (33.15%), Cholesterol: 1.88mg (0.63%), Sodium: 199.16mg (8.66%), Alcohol: 0.18g (100%), Alcohol %: 0.2% (100%), Caffeine: 15.29mg (5.1%), Protein: 6g (12%), Manganese: 0.5mg (25.21%), Copper: 0.4mg (19.8%), Fiber: 3.59g (14.35%), Magnesium: 56.23mg (14.06%), Phosphorus: 140mg (14%), Iron: 2.09mg (11.6%), Vitamin B2: 0.19mg (10.99%), Calcium: 79.24mg (7.92%), Vitamin E: 1.08mg (7.19%), Potassium: 241.11mg (6.89%), Zinc: 0.95mg (6.34%), Vitamin B1: 0.09mg (6.12%), Selenium: 4.04µg (5.78%), Vitamin B3: 1.14mg (5.69%), Folate: 18.96µg (4.74%), Vitamin B12: 0.24µg (4.02%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.05mg (2.45%), Vitamin D: 0.34µg (2.25%), Vitamin K: 1.73µg (1.65%), Vitamin A: 81.13IU (1.62%), Vitamin C: 0.98mg (1.19%)