



Chocolate Torte

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.3 cup cornstarch
- 1 eggs
- 2 egg whites
- 2 cups flour all-purpose
- 1 cup milk 1% low-fat
- 0.5 cup butter softened
- 0.8 cup no-sugar-added raspberry spread
- 1 cup nonfat buttermilk

- 0.3 teaspoon salt
- 2 cups sugar divided
- 0.3 cup cocoa unsweetened
- 0.7 cup cocoa unsweetened
- 0.3 teaspoon vanilla extract
- 0.5 cup water

Equipment

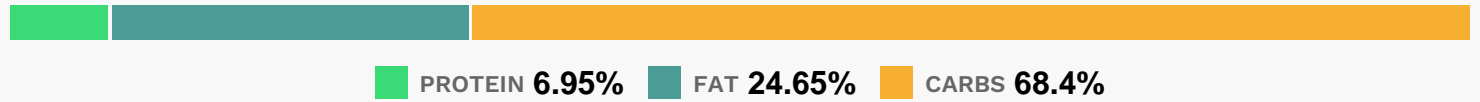
- oven
- double boiler
- hand mixer

Directions

- Beat margarine at medium speed of an electric mixer until creamy; add 1 1/2 cups sugar, beating until fluffy.
- Add egg whites and egg, one at a time, beating after each addition.
- Combine buttermilk and water.
- Combine flour and next 3 ingredients; add to margarine mixture alternately with buttermilk mixture.
- Mix after each addition.
- Pour batter into 2 (8-inch) round cakepans coated with cooking spray.
- Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans.
- Let cool.
- Stir raspberry spread well. Slice each cake layer in half horizontally.
- Place 1 layer on plate; spread with 1/4 cup raspberry spread. Repeat with next 2 layers; top with fourth layer. Cover and chill.
- Combine remaining 1/2 cup sugar, 2/3 cup cocoa, and cornstarch in top of a double boiler. Stir in milk. Bring water to a boil. Reduce heat to low; cook, stirring constantly, 18 minutes or until of spreading consistency. Stir in vanilla. Cover and chill.

Spread on top and sides of cake. If desired, garnish with raspberries and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:34.77, Inflammation Score:-5, Nutrition Score:7.3399999323099%

Flavonoids

Catechin: 4.26mg, Catechin: 4.26mg, Catechin: 4.26mg, Catechin: 4.26mg Epicatechin: 12.9mg, Epicatechin: 12.9mg, Epicatechin: 12.9mg, Epicatechin: 12.9mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 330.72kcal (16.54%), Fat: 9.37g (14.42%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 55.5g (20.18%), Sugar: 36.4g (40.44%), Cholesterol: 15.02mg (5.01%), Sodium: 271.17mg (11.79%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Caffeine: 15.11mg (5.04%), Protein: 5.94g (11.89%), Manganese: 0.4mg (19.97%), Selenium: 10.82µg (15.45%), Copper: 0.29mg (14.42%), Vitamin B1: 0.18mg (12.17%), Fiber: 3.02g (12.07%), Vitamin B2: 0.19mg (11.46%), Iron: 1.98mg (10.99%), Folate: 42.64µg (10.66%), Magnesium: 41.19mg (10.3%), Phosphorus: 101.51mg (10.15%), Vitamin A: 396.67IU (7.93%), Vitamin B3: 1.41mg (7.03%), Potassium: 171.48mg (4.9%), Zinc: 0.73mg (4.88%), Calcium: 44.84mg (4.48%), Vitamin B12: 0.17µg (2.78%), Vitamin B5: 0.25mg (2.53%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.29µg (1.93%), Vitamin B6: 0.04mg (1.8%)