



Chocolate Torte

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup hot-brewed coffee hot
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 egg white
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon gelatin powder unflavored
- ☐ 0.5 cup light-brown sugar

- ☐ 0.5 cup nonfat cream sour
- ☐ 1 cup prune- cut to pieces pitted chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup flour whole-wheat

Equipment

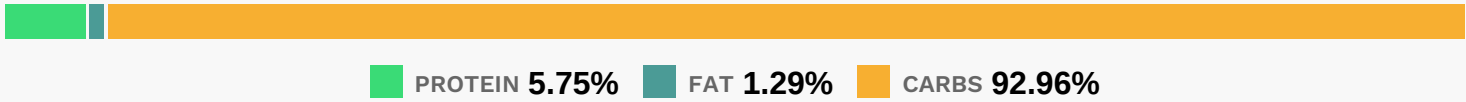
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ cake form
- ☐ ziploc bags

Directions

- ☐ Heat oven to 350°F Coat a 9" square cake pan with cooking spray. Dust with 1 teaspoon cocoa. Set aside.
- ☐ Combine prunes and coffee in a bowl. Set aside to cool.
- ☐ Combine remaining 1/3 cup cocoa, flours, baking powder, baking soda and salt in a large resealable plastic bag; shake.
- ☐ Add sugar, applesauce, egg white and 1 teaspoon of the vanilla to coffee-prune mixture. Empty bag into bowl; mix.
- ☐ Pour into prepared pan.
- ☐ Bake until a toothpick inserted in center of cake comes out clean, 20 to 25 minutes. Cool completely before removing and slicing.
- ☐ Mix 1 tablespoon water, remaining 1 teaspoon vanilla and gelatin in a small pan. Set aside until gelatin becomes clear, 10 to 15 minutes.
- ☐ Heat over low heat until gelatin melts.
- ☐ Mix gelatin, sour cream and confectioners' sugar in a bowl. Refrigerate until topping is firm, 10 to 15 minutes. Beat until smooth.

- ☐ Add a dollop to each slice.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:9.43, Inflammation Score:-4, Nutrition Score:9.413478296736%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 325.43kcal (16.27%), Fat: 0.49g (0.75%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 79.04g (26.35%), Net Carbohydrates: 74.61g (27.13%), Sugar: 52.49g (58.32%), Cholesterol: 2.59mg (0.86%), Sodium: 284.61mg (12.37%), Alcohol: 0.69g (100%), Alcohol %: 0.49% (100%), Caffeine: 11.85mg (3.95%), Protein: 4.89g (9.78%), Manganese: 0.6mg (29.85%), Vitamin K: 26.19µg (24.94%), Fiber: 4.43g (17.72%), Selenium: 11.23µg (16.04%), Potassium: 473.78mg (13.54%), Vitamin B2: 0.22mg (13.15%), Calcium: 127.84mg (12.78%), Phosphorus: 117.7mg (11.77%), Copper: 0.21mg (10.27%), Magnesium: 40.44mg (10.11%), Vitamin A: 418.37IU (8.37%), Vitamin B3: 1.67mg (8.36%), Vitamin B1: 0.12mg (8.14%), Vitamin B6: 0.15mg (7.69%), Iron: 1.27mg (7.08%), Folate: 17.94µg (4.48%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.39mg (3.94%), Vitamin E: 0.29mg (1.92%), Vitamin B12: 0.09µg (1.55%)