



Cranberry Mousse Torte

READY IN



400 min.

SERVINGS



16

CALORIES



421 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 0.3 cup water
- ☐ 0.7 cup vegetable oil
- ☐ 2 eggs
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 2 tablespoons water
- ☐ 2.5 teaspoons gelatin powder unflavored
- ☐ 16 oz roasted cranberry sauce canned
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon orange zest grated
- ☐ 1.5 cups whipping cream
- ☐ 3 drops food coloring red
- ☐ 0.5 cup sugar
- ☐ 4 teaspoons cornstarch
- ☐ 11.5 oz cranberry juice cocktail concentrate frozen thawed canned

Equipment

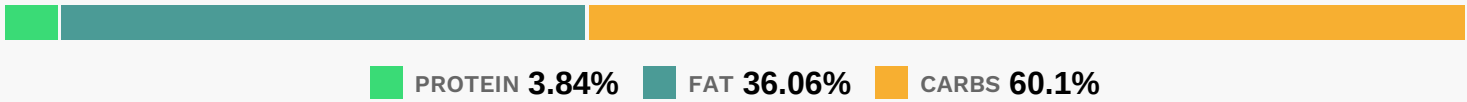
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. Wrap foil around outside of bottom and side of 10-inch springform pan to catch drips. Spray bottom only of pan with cooking spray. In large bowl, beat all base ingredients except chocolate chips with spoon 50 strokes; fold in chocolate chips.
- ☐ Spread in pan.
- ☐ Bake 35 to 40 minutes or until base pulls away from side of pan; do not overbake. Cool completely, about 1 hour 30 minutes.
- ☐ Meanwhile, place 2 tablespoons water in 2-quart saucepan; sprinkle gelatin over water.
- ☐ Let stand 1 minute to soften. Spoon cranberry sauce and 1/2 cup sugar over gelatin.
- ☐ Heat to rolling boil over medium-high heat. Cook over medium-high heat, stirring frequently, until gelatin is completely dissolved. Stir in orange peel. Cool at room temperature 20 minutes. Cover; refrigerate 1 hour 30 minutes to 2 hours, stirring every 30 minutes, until mixture is slightly thickened.

- ☐ In medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold into cranberry mixture. Fold in food color. Spoon mixture over cooled brownie base. Cover; refrigerate about 2 hours or until set.
- ☐ Meanwhile, in 1 1/2-quart saucepan, mix 1/2 cup sugar and the cornstarch. Stir in cranberry juice concentrate.
- ☐ Heat to boiling over high heat, stirring constantly. Boil 4 to 5 minutes, stirring constantly, until slightly thickened. Cool 20 minutes at room temperature.
- ☐ Pour sauce into small resealable container. Refrigerate about 1 hour 30 minutes or until chilled.
- ☐ To serve, spoon sauce over each serving of torte.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:4.0943478786427%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 421.44kcal (21.07%), Fat: 17.17g (26.41%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 63.42g (23.06%), Sugar: 49.35g (54.83%), Cholesterol: 46.12mg (15.37%), Sodium: 111.56mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.36mg (2.12%), Protein: 4.11g (8.23%), Vitamin C: 9.92mg (12.02%), Iron: 1.68mg (9.31%), Vitamin A: 380.75IU (7.62%), Manganese: 0.15mg (7.33%), Copper: 0.13mg (6.29%), Vitamin B2: 0.09mg (5.12%), Selenium: 3.43µg (4.9%), Vitamin E: 0.72mg (4.79%), Vitamin K: 5µg (4.76%), Phosphorus: 45.54mg (4.55%), Magnesium: 17.06mg (4.26%), Fiber: 0.96g (3.85%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.26mg (2.64%), Calcium: 26.33mg (2.63%), Potassium: 89.26mg (2.55%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.03mg (1.69%), Vitamin B12: 0.1µg (1.63%), Vitamin B1: 0.02mg (1.22%)