



Cranberry Mousse Torte

READY IN



400 min.

SERVINGS



16

CALORIES



397 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 2.3 oz)
- ☐ 4 teaspoons cornstarch
- ☐ 11.5 oz cranberry juice cocktail concentrate frozen thawed canned
- ☐ 2 eggs
- ☐ 2.5 teaspoons gelatin powder unflavored
- ☐ 1 teaspoon orange zest grated
- ☐ 3 drops food coloring red
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 0.5 cup sugar

- ☐ 0.7 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 2 tablespoons water
- ☐ 1.5 cups whipping cream
- ☐ 16 oz roasted cranberry sauce canned

Equipment

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

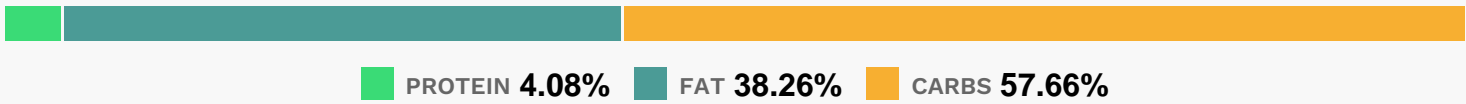
Directions

- ☐ Heat oven to 350F. 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.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:4.36, Inflammation Score:-3, Nutrition Score:4.0869565709778%

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: 397.38kcal (19.87%), Fat: 17.15g (26.38%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 57.19g (20.8%), Sugar: 43.11g (47.9%), Cholesterol: 46.12mg (15.37%), Sodium: 111.5mg (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: 1.67mg (9.29%), Vitamin A: 380.75IU (7.62%), Manganese: 0.15mg (7.32%), Copper: 0.13mg (6.27%), Vitamin B2: 0.09mg (5.05%), Selenium: 3.39µg (4.85%), 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: 26.27mg (2.63%), Potassium: 89.13mg (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%)