

# Cranberry Torte

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



181 kcal

DESSERT

## Ingredients

- 6 tablespoons butter melted
- 1 tablespoon cornstarch
- 0.8 cup cranberries fresh
- 1.3 cups graham cracker crumbs ( 20 squares)
- 1 cup cup heavy whipping cream
- 1 tablespoon orange juice concentrate thawed
- 0.3 cup pecans finely chopped
- 0.1 teaspoon salt

- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 0.7 cup water

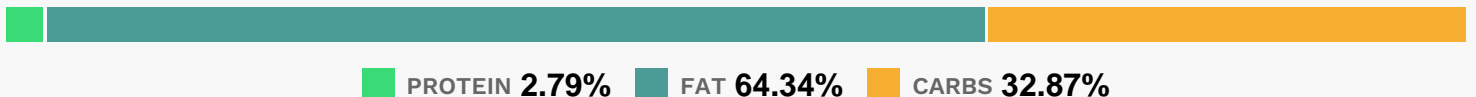
## Equipment

- bowl
- sauce pan
- oven
- springform pan

## Directions

- In a bowl, combine the cracker crumbs, pecans, 1/4 cup sugar and butter. Press onto the bottom and 1 in. up the sides of a 9-in. springform pan.
- Bake at 375° for 8–10 minutes or until lightly browned. In a bowl, combine the cranberries, orange juice concentrate, vanilla, salt and remaining sugar.
- In a bowl, beat cream until soft peaks form. Fold into the cranberry mixture.
- Pour into the crust. Freeze until firm.
- For topping, combine sugar and cornstarch in a saucepan. Stir in cranberries and water until blended. Bring to a boil. Reduce heat; cook and stir until berries pop and mixture is thickened, about 5 minutes; cool.
- Let torte stand at room temperature for 10 minutes before slicing.
- Serve with topping.

## Nutrition Facts



## Properties

Glycemic Index:17.79, Glycemic Load:9.24, Inflammation Score:-3, Nutrition Score:2.2856521658275%

## Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.63mg, Peonidin: 2.63mg, Peonidin: 2.63mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## **Nutrients (% of daily need)**

Calories: 180.6kcal (9.03%), Fat: 13.19g (20.29%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 14.51g (5.28%), Sugar: 10.01g (11.12%), Cholesterol: 32.11mg (10.7%), Sodium: 114.25mg (4.97%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Protein: 1.29g (2.58%), Vitamin A: 408.15IU (8.16%), Manganese: 0.11mg (5.44%), Vitamin B2: 0.06mg (3.48%), Phosphorus: 33.17mg (3.32%), Vitamin C: 2.4mg (2.92%), Vitamin E: 0.4mg (2.67%), Fiber: 0.65g (2.6%), Vitamin B1: 0.04mg (2.48%), Magnesium: 8.95mg (2.24%), Iron: 0.4mg (2.22%), Calcium: 21.24mg (2.12%), Zinc: 0.29mg (1.93%), Vitamin D: 0.27µg (1.81%), Copper: 0.03mg (1.7%), Vitamin B3: 0.34mg (1.69%), Potassium: 50.36mg (1.44%), Folate: 5.61µg (1.4%), Vitamin K: 1.3µg (1.24%), Vitamin B6: 0.02mg (1.18%), Selenium: 0.71µg (1.02%)