



Dark Chocolate-Bourbon Torte

READY IN



20 min.

SERVINGS



10

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 1 large eggs
- ☐ 4 egg whites
- ☐ 0.3 cup skim milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup granulated sugar divided

- ☐ 1 tablespoon powdered sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup non-dairy whipped topping thawed reduced-fat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ springform pan

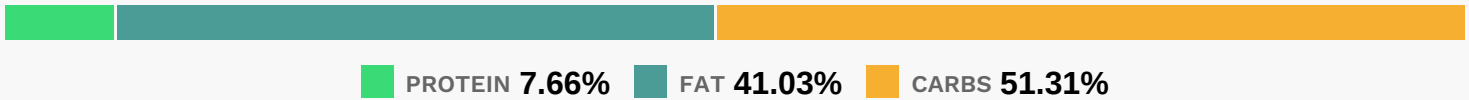
Directions

- ☐ Preheat oven to 30
- ☐ Coat bottom and sides of an 8-inch springform pan with cooking spray.
- ☐ Microwave chocolate morsels in a small microwave-safe bowl at MEDIUM (50% power) for 1 minute or until melted and smooth, stirring at 30-second intervals.
- ☐ Beat butter and 1/2 cup granulated sugar at medium speed with an electric mixer until well blended (about 2 minutes).
- ☐ Add vanilla and egg; beat 1 minute.
- ☐ Add milk and, if desired, bourbon; beat 1 minute. (
- ☐ Mixture will look curdled.)
- ☐ Add melted chocolate, beating just until blended. Gradually add cocoa and flour, beating at low speed just until blended.
- ☐ Beat egg whites and cream of tartar at high speed with an electric mixer until foamy.
- ☐ Add remaining 1/4 cup granulated sugar, 1 Tbsp. at a time, beating until stiff peaks form. Fold one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon

batter into prepared pan.

- ☐ Bake at 300 for 45 minutes or until set. (A wooden pick inserted in center will come out with just a few crumbs on it.)
- ☐ Remove torte from oven; immediately run tip of a small knife around edge of torte.
- ☐ Let cool on wire rack 30 minutes. (Torte will rise to top of pan while baking but will sink while it cools.)
- ☐ Remove sides of springform pan.
- ☐ Spoon whipped topping into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe dollops of whipped topping around base of torte.
- ☐ Sprinkle torte with powdered sugar and cocoa.
- ☐ Note: For testing purposes only, we used Hershey's Special Dark Chocolate Chips.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:3.503913010754%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 186.87kcal (9.34%), Fat: 8.85g (13.61%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 23.53g (8.56%), Sugar: 20.22g (22.47%), Cholesterol: 31.15mg (10.38%), Sodium: 79.18mg (3.44%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Caffeine: 6.09mg (2.03%), Protein: 3.72g (7.43%), Selenium: 5.65µg (8.08%), Vitamin B2: 0.12mg (7.18%), Manganese: 0.13mg (6.46%), Copper: 0.13mg (6.37%), Phosphorus: 54.83mg (5.48%), Fiber: 1.36g (5.45%), Magnesium: 19.87mg (4.97%), Calcium: 46.84mg (4.68%), Potassium: 153.98mg (4.4%), Zinc: 0.62mg (4.1%), Iron: 0.67mg (3.71%), Vitamin A: 184.99IU (3.7%), Vitamin E: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.22%), Folate: 8.72µg (2.18%), Vitamin B5: 0.21mg (2.08%), Vitamin B1: 0.03mg (1.99%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.27mg (1.36%), Vitamin K: 1.3µg (1.23%), Vitamin D: 0.17µg (1.12%)