



Dark Chocolate Torte with Spiked Blackberry Coulis



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



681 kcal

DESSERT

Ingredients

- ☐ 8 servings spiked blackberry coulis
- ☐ 5 large eggs
- ☐ 1 teaspoon coffee powder instant
- ☐ 1 cup butter salted divided (2 sticks)
- ☐ 8 servings mint sprigs fresh
- ☐ 16 ounces semi chocolate chips divided
- ☐ 1 cup sugar

☐ 0.3 cup cocoa powder unsweetened

Equipment

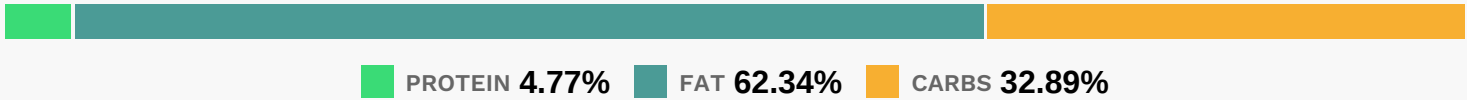
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush 9-inch-diameter springform pan with margarine; line bottom with parchment. Stir 1 2/3 cups chocolate chips and 3/4 cup margarine in medium saucepan over low heat until smooth.
- ☐ Whisk in cocoa and espresso. Cool 10 minutes.
- ☐ Using electric mixer, beat eggs and sugar in large bowl on high speed until thick, about 6 minutes. Fold in chocolate mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake torte until dry and cracked on top and tester inserted into center comes out with some moist batter attached, about 42 minutes. Cool in pan on rack 1 hour (center will fall). Using spatula, press raised edges so top is level.
- ☐ Cut around pan sides; remove sides.
- ☐ Place plate atop torte and invert onto plate.
- ☐ Remove pan bottom; peel off paper, and cool torte completely.
- ☐ Stir remaining 1 cup (6 ounces) chocolate and 1/4 cup margarine in small saucepan over low heat until smooth (do not overheat).
- ☐ Whisk in 2 tablespoons blackberry coulis. Cool glaze 15 minutes.

- ☐
- Pour glaze into center of torte. Smooth top with spatula, allowing some of glaze to drip down sides. Refrigerate uncovered until glaze is set, about 1 hour. (Can be made 3 days ahead.Cover and keep refrigerated.)
- ☐
- Cut torte into wedges; spoon coulis alongside.
- ☐
- Garnish with mint and berries, if desired.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:17.46, Inflammation Score:-8, Nutrition Score:14.163912998593%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 680.94kcal (34.05%), Fat: 48g (73.84%), Saturated Fat: 18.43g (115.17%), Carbohydrates: 57g (19%), Net Carbohydrates: 51.33g (18.67%), Sugar: 45.98g (51.08%), Cholesterol: 119.65mg (39.88%), Sodium: 318.8mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 58.87mg (19.62%), Protein: 8.26g (16.51%), Manganese: 0.88mg (44.22%), Copper: 0.84mg (41.94%), Magnesium: 119.21mg (29.8%), Iron: 4.58mg (25.44%), Vitamin A: 1256.69IU (25.13%), Phosphorus: 236.87mg (23.69%), Fiber: 5.66g (22.65%), Selenium: 14.91µg (21.3%), Zinc: 2.11mg (14.05%), Potassium: 429.61mg (12.27%), Vitamin B2: 0.2mg (11.49%), Vitamin E: 1.56mg (10.38%), Vitamin B5: 0.69mg (6.86%), Vitamin B12: 0.41µg (6.81%), Calcium: 67.75mg (6.78%), Folate: 17.22µg (4.31%), Vitamin K: 4.44µg (4.23%), Vitamin D: 0.63µg (4.17%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.62mg (3.11%), Vitamin B1: 0.04mg (2.44%)