

Dark mocha torte

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 175 g chocolate dark
- ☐ 100 g butter unsalted room temperature
- ☐ 100 g brown sugar
- ☐ 2 egg yolk lightly beaten
- ☐ 85 g hazelnuts toasted
- ☐ 25 g flour plain
- ☐ 2 tbsp strong coffee decoction
- ☐ 175 g flour plain

- ☐ 0.5 tsp double-acting baking powder
- ☐ 50 g cocoa powder
- ☐ 50 g powdered sugar
- ☐ 140 g butter unsalted diced
- ☐ 3 egg yolk
- ☐ 12 servings whipping cream

Equipment

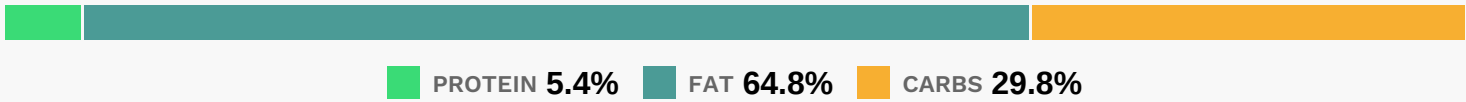
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ skewers

Directions

- ☐ first make the pastry. sift the flour, baking powder, cocoa powder and icing sugar into a bowl. Rub in butter until crumbly. Quickly mix in the eggs until everything comes together with the blade of a knife. Wrap in cling film. Chill for 30 mins.
- ☐ Roll out pastry and line a 21cm fluted loose-bottom tart tin. Chill for 20 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ line the pastry case with parchment paper, fill with baking beans and bake blind for 15 mins.
- ☐ Remove beans and cook for a further 5 mins.
- ☐ Remove from oven and reduce temperature to 150C/fan 130C/gas
- ☐ To make the filling, melt the chocolate in a heatproof bowl over a pan of simmering water or in the microwave on High for 1-2 mins, then cool. Beat the butter and sugar together until pale and fluffy, then gradually beat in the eggs, yolk, nuts and flour. Fold in the chocolate and coffee, pour into the case and bake for 25-30 mins, until crumbs cling to an inserted skewer (the middle of the torte won't have set completely; it will continue to firm up out of the oven).

Serve cut into thin slices, topped with crme frache or cream.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:10.5, Inflammation Score:-7, Nutrition Score:12.658260775649%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 8.2mg, Epicatechin: 8.2mg, Epicatechin: 8.2mg, Epicatechin: 8.2mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 468.41kcal (23.42%), Fat: 34.88g (53.67%), Saturated Fat: 18.69g (116.81%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 31.83g (11.58%), Sugar: 16.57g (18.42%), Cholesterol: 141.39mg (47.13%), Sodium: 36.76mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.24mg (7.41%), Protein: 6.54g (13.08%), Manganese: 1.01mg (50.31%), Copper: 0.58mg (28.81%), Iron: 3.73mg (20.71%), Magnesium: 71.95mg (17.99%), Selenium: 12.38µg (17.69%), Fiber: 4.27g (17.07%), Vitamin A: 835.55IU (16.71%), Phosphorus: 161.4mg (16.14%), Vitamin B1: 0.2mg (13.48%), Vitamin E: 1.96mg (13.06%), Folate: 52.12µg (13.03%), Vitamin B2: 0.19mg (11.12%), Zinc: 1.29mg (8.58%), Potassium: 273.24mg (7.81%), Vitamin B3: 1.39mg (6.95%), Calcium: 69.2mg (6.92%), Vitamin D: 0.94µg (6.3%), Vitamin B5: 0.51mg (5.11%), Vitamin B6: 0.09mg (4.66%), Vitamin B12: 0.25µg (4.08%), Vitamin K: 4.16µg (3.96%)