



Dark Velvet Torte

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter cut into 1/2-inch chunks
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large eggs separated
- ☐ 2 teaspoons flour all-purpose
- ☐ 10 servings raspberries rinsed drained
- ☐ 1.3 cups bittersweet chocolate chopped
- ☐ 1 tablespoon sugar
- ☐ 10 servings softly whipped cream sweetened to taste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cake form
- ☐ microwave

Directions

- ☐ Place chocolate and butter in a microwave-safe bowl.
- ☐ Heat in a microwave oven at 50 percent power, stirring twice, until chocolate is soft, 3 to 4 minutes total.
- ☐ Remove from oven; stir until mixture is smoothly blended.
- ☐ Add egg yolks and flour to chocolate mixture; whisk until smooth.
- ☐ In a bowl, combine egg whites and cream of tartar. Beat with a mixer on high speed until whites are foamy. Beat, gradually adding sugar, until whites hold stiff, glossy peaks.
- ☐ Add about a fourth of the beaten whites to chocolate mixture; stir to mix.
- ☐ Add remaining whites and gently fold into chocolate mixture until evenly incorporated. Scrape mixture into an 8-inch cake pan with removable rim.
- ☐ Spread batter smooth.
- ☐ Bake in a 350 oven until torte puffs slightly and center barely jiggles when pan is gently shaken, 18 to 20 minutes. Cool at least 1 hour in pan on a rack (torte sinks slightly).
- ☐ Slide a sharp knife between torte and pan.
- ☐ Remove pan rim.
- ☐ Cut torte into wedges and transfer to plates. Spoon whipped cream onto each serving and garnish with berries.

Nutrition Facts



 **PROTEIN 6.59%**  **FAT 64.62%**  **CARBS 28.79%**

Properties

Glycemic Index:27.61, Glycemic Load:2.32, Inflammation Score:-5, Nutrition Score:9.968260879102%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 297.9kcal (14.89%), Fat: 21.77g (33.49%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 16.04g (5.83%), Sugar: 12.98g (14.42%), Cholesterol: 104.74mg (34.91%), Sodium: 104.79mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.07mg (6.69%), Protein: 5g (10%), Manganese: 0.72mg (35.99%), Fiber: 5.78g (23.11%), Vitamin C: 15.72mg (19.05%), Copper: 0.36mg (18.05%), Magnesium: 57.64mg (14.41%), Phosphorus: 126.16mg (12.62%), Iron: 2.27mg (12.59%), Selenium: 8.56µg (12.23%), Vitamin A: 463.95IU (9.28%), Vitamin B2: 0.14mg (7.98%), Potassium: 274.87mg (7.85%), Vitamin E: 1.17mg (7.81%), Zinc: 1.16mg (7.76%), Vitamin K: 7.33µg (6.98%), Vitamin B5: 0.61mg (6.07%), Folate: 23.25µg (5.81%), Calcium: 49.53mg (4.95%), Vitamin B12: 0.26µg (4.28%), Vitamin B6: 0.08mg (3.9%), Vitamin B3: 0.6mg (3.01%), Vitamin D: 0.42µg (2.83%), Vitamin B1: 0.04mg (2.71%)