



Date, Dried-Cherry and Chocolate Torte

READY IN



45 min.

SERVINGS



10

CALORIES



570 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 6 oz bittersweet chocolate unsweetened coarsely chopped (not)
- ☐ 0.3 cup brandy
- ☐ 10 servings powdered sugar
- ☐ 1 cup cherries dried (preferably tart; 6 oz)
- ☐ 2 large eggs at room temperature
- ☐ 1.3 cups flour all-purpose
- ☐ 3 oz medjool dates black pitted cut into 6 pieces
- ☐ 0.8 teaspoon orange zest fresh finely grated

- ☐ 4.5 oz pecans finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.8 cup butter unsalted softened
- ☐ 0.3 cup cocoa powder unsweetened (not Dutch-process)
- ☐ 1 teaspoon vanilla
- ☐ 1 cup water boiling
- ☐ 10 servings whipped cream

Equipment

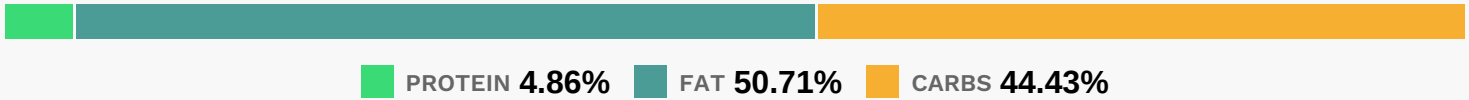
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine dates, cherries, and baking soda in a heatproof bowl, then stir in boiling water and brandy.
- ☐ Whisk together flour, cocoa, and salt.
- ☐ Beat together butter and sugar until pale and fluffy.
- ☐ Add eggs 1 at a time, beating until just combined. Beat in vanilla and zest.
- ☐ Add half of flour mixture and beat at low speed until just combined.
- ☐ Add date mixture with liquid and beat at low speed until just combined.
- ☐ Add remaining flour mixture and beat until just combined. Stir in chocolate and pecans.
- ☐ Pour batter into a generously buttered 24-cm (9-inch) springform pan, smoothing top.

- ☐
- Bake in middle of oven until center is slightly rounded and top of torte is cracked (edges will be dark brown), about 55 minutes.
- ☐
- Let torte stand 5 minutes in pan on a rack. Run a sharp small knife around side of pan to loosen, then remove side. Cool torte on rack.
- ☐
- Torte may be made 2 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:20.14, Inflammation Score:-7, Nutrition Score:11.966086984976%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 570.13kcal (28.51%), Fat: 32.31g (49.71%), Saturated Fat: 14.62g (91.4%), Carbohydrates: 63.71g (21.24%), Net Carbohydrates: 58.16g (21.15%), Sugar: 42.13g (46.82%), Cholesterol: 79.38mg (26.46%), Sodium: 248.37mg (10.8%), Alcohol: 2.14g (100%), Alcohol %: 1.74% (100%), Caffeine: 19.57mg (6.52%), Protein: 6.96g (13.93%), Manganese: 1.03mg (51.38%), Copper: 0.52mg (25.97%), Fiber: 5.56g (22.23%), Vitamin A: 979.81IU (19.6%), Magnesium: 66.88mg (16.72%), Iron: 2.94mg (16.34%), Selenium: 11.34µg (16.19%), Vitamin B1: 0.23mg (15.6%), Phosphorus: 148.14mg (14.81%), Vitamin B2: 0.18mg (10.47%), Folate: 40.71µg (10.18%), Zinc: 1.5mg (10.03%), Potassium: 286.68mg (8.19%), Vitamin B3: 1.48mg (7.41%), Calcium: 58.12mg (5.81%), Vitamin E: 0.83mg (5.53%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.08mg (4.2%), Vitamin D: 0.48µg (3.2%), Vitamin K: 3.34µg (3.18%), Vitamin B12: 0.17µg (2.77%)