



Double-Chocolate Soufflé Torte with Raspberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

DESSERT

Ingredients

- 3 tablespoons butter softened
- 1 tablespoon cornstarch
- 2 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 0.3 cup dutch process cocoa unsweetened
- 1 large eggs
- 4 large egg whites

- 0.3 cup milk fat-free
- 1 tablespoon grand marnier orange-flavored (liqueur)
- 2 tablespoons grand marnier orange-flavored (liqueur)
- 10 ounce raspberries in syrup light frozen thawed undrained
- 0.1 teaspoon salt
- 3 ounces bittersweet chocolate chopped
- 0.5 cup sugar
- 0.8 cup sugar divided
- 1 cup water

Equipment

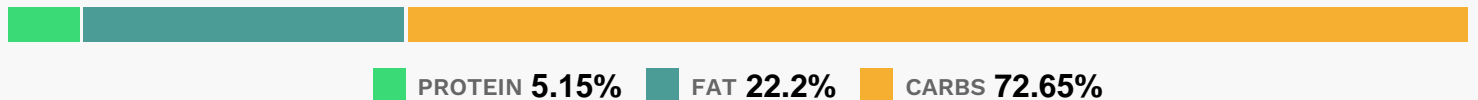
- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- springform pan

Directions

- To prepare the raspberry sauce, combine first 4 ingredients in a medium, heavy saucepan; stir well with a whisk. Bring to a boil over medium heat, stirring frequently. Cook 2 minutes. Stir in raspberries; cook 4 minutes, stirring gently.
- Remove from heat. Stir in 1 tablespoon liqueur.
- Pour sauce into a bowl; cover and chill 1 hour.
- Preheat oven to 30
- To prepare torte, combine chocolate and 2 tablespoons liqueur in a small, heavy saucepan; cook over low heat until chocolate melts and mixture is smooth, stirring occasionally with a whisk.

- Place butter and 1/2 cup sugar in a medium bowl; beat with a mixer at medium speed 1 minute or until fluffy.
- Add egg; beat 1 minute. Gradually add milk; beat at low speed (mixture will look curdled).
- Add chocolate mixture, cocoa, and 2 tablespoons cornstarch; beat at low speed until combined.
- Place the egg whites, cream of tartar, and salt in a medium bowl; beat with a mixer at high speed until soft peaks form using clean, dry beaters. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon chocolate mixture into an 8-inch springform pan coated with cooking spray.
- Bake at 300 for 45 minutes or until a wooden pick inserted in center comes out almost clean; run a knife around outside edge. (The torte falls as it cools.) Cool on a wire rack.
- Note: Grand Marnier adds a wonderful depth of flavor to his indulgent-tasting dessert. But if you must go alcohol-free, substitute water or orange juice.

Nutrition Facts



Properties

Glycemic Index:27.93, Glycemic Load:21.94, Inflammation Score:-2, Nutrition Score:4.5178260362667%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 367.6kcal (18.38%), Fat: 9.45g (14.53%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 69.56g (23.19%), Net Carbohydrates: 67.69g (24.61%), Sugar: 58.57g (65.08%), Cholesterol: 35.4mg (11.8%), Sodium: 138.84mg (6.04%), Alcohol: 1.46g (100%), Alcohol %: 1.2% (100%), Caffeine: 16.79mg (5.6%), Protein: 4.93g (9.85%), Copper: 0.25mg (12.69%), Manganese: 0.25mg (12.59%), Selenium: 6.99µg (9.99%), Magnesium: 36.27mg (9.07%), Vitamin B2: 0.13mg (7.71%), Fiber: 1.87g (7.49%), Phosphorus: 72.4mg (7.24%), Iron: 1.21mg (6.7%), Calcium: 51.02mg (5.1%), Potassium: 168.57mg (4.82%), Zinc: 0.6mg (4%), Vitamin A: 185.88IU (3.72%), Vitamin B12: 0.14µg (2.38%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.21µg (1.39%), Folate: 4.77µg (1.19%), Vitamin K: 1.22µg (1.16%), Vitamin B6: 0.02mg (1.14%)