



Double Chocolate Torte

READY IN



45 min.

SERVINGS



10

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 4 large eggs separated
- ☐ 2 cups raspberries fresh
- ☐ 2 tablespoons currant jelly red with 1 tablespoon water melted
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted cut into pieces
- ☐ 1 tablespoon vanilla extract

- ☐ 1 cup whipping cream

Equipment

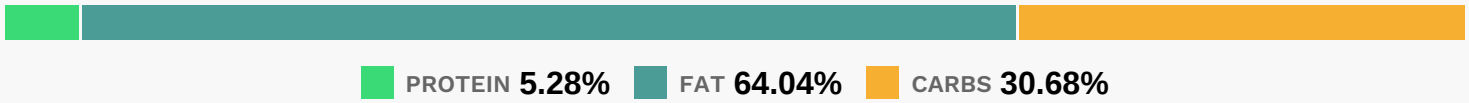
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ springform pan

Directions

- ☐ Preheat oven to 325°F. Butter 10-inch-diameter springform pan; dust with sugar. Melt chocolate and butter in heavy large saucepan over low heat, stirring constantly. Cool to lukewarm.
- ☐ Whisk in sugar.
- ☐ Whisk in eggs 1 at a time, blending well after each addition.
- ☐ Mix in vanilla and salt, then flour.
- ☐ Pour batter into pan.
- ☐ Bake until cake just rises in center (tester inserted into center will not come out clean), about 35 minutes. Cool completely in pan on rack. Cover; chill while making mousse.
- ☐ Melt butter in medium metal bowl set over saucepan of simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk yolks, 1/4 cup cream and vanilla in small bowl to blend. Gradually whisk yolk mixture into bowl with melted butter.
- ☐ Whisk constantly over simmering water until thermometer registers 150°F, about 6 minutes (mixture may appear broken).

- ☐ Remove from over water; add chocolate and stir to melt. Set aside. Beat egg whites and 1/2 cup sugar in large bowl to medium–stiff peaks.
- ☐ Whisk 1/4 of beaten egg white mixture into warm chocolate mixture to lighten. Fold in remaining egg white mixture.
- ☐ Pour mousse over cake in pan; smooth top. Chill torte until mousse is set, at least 6 hours and up to 1 day.
- ☐ Run sharp knife around edge of pan to loosen torte. Release pan sides.
- ☐ Transfer torte to platter. Using electric mixer, beat 3/4 cup cream in medium bowl until peaks form.
- ☐ Spread whipped cream over torte. Top whipped cream with raspberries.
- ☐ Brush red currant jelly mixture over raspberries.
- ☐ Sprinkle with 1 1/2 teaspoons sugar.
- ☐ Garnish with currants, if desired.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:10.53, Inflammation Score:-6, Nutrition Score:8.8313044154126%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 399.43kcal (19.97%), Fat: 28.61g (44.02%), Saturated Fat: 16.94g (105.85%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 27.33g (9.94%), Sugar: 22.26g (24.73%), Cholesterol: 127.06mg (42.35%), Sodium:

98.28mg (4.27%), Alcohol: 0.45g (100%), Alcohol %: 0.47% (100%), Caffeine: 19.5mg (6.5%), Protein: 5.31g (10.61%), Manganese: 0.49mg (24.7%), Copper: 0.33mg (16.68%), Vitamin A: 760.76IU (15.22%), Selenium: 10.12µg (14.46%), Fiber: 3.5g (14.01%), Phosphorus: 126.27mg (12.63%), Magnesium: 50.49mg (12.62%), Iron: 2.15mg (11.93%), Vitamin B2: 0.18mg (10.7%), Vitamin C: 6.78mg (8.22%), Zinc: 1.05mg (7.03%), Vitamin E: 1.04mg (6.94%), Potassium: 226.33mg (6.47%), Vitamin D: 0.95µg (6.34%), Folate: 21.89µg (5.47%), Vitamin B5: 0.54mg (5.42%), Calcium: 51.24mg (5.12%), Vitamin K: 5.13µg (4.89%), Vitamin B12: 0.28µg (4.6%), Vitamin B1: 0.05mg (3.57%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.56mg (2.8%)