



## Easy Chocolate Cream Torte

READY IN



515 min.

SERVINGS



5

CALORIES



855 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup brown sugar
- 1 eggs
- 2 cups flour all-purpose
- 2 cups heavy cream
- 2 tablespoons coffee granules instant
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 0.3 cup water
- 0.5 cup sugar white

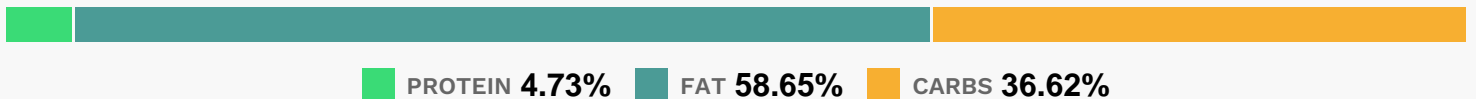
## Equipment

- bowl
- baking sheet
- oven
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease two baking sheets.
- Sift together flour, 1/3 cup cocoa, baking soda and salt, set aside.
- In a medium bowl, cream together shortening, 2/3 cup white sugar and brown sugar with electric mixer. Beat in egg, and mix until light and fluffy. Beat in water and vanilla until smooth. Fold in flour mixture. Continue to work with hands to form a smooth dough. Divide dough into 4 equal portions, and press each portion into a 7 inch circle on a baking sheet.
- Bake 12 to 15 minutes in the preheated oven, or until set. Cool completely.
- For the filling, combine cream, 1/2 cup sugar, 1/3 cup cocoa, 1 teaspoon vanilla and instant coffee in a large bowl. Cover and chill in refrigerator 30 minutes. Then whip cold cream mixture with an electric mixer until stiff peaks form.
- Spread 1/4 of filling on each cookie. Stack cookies. Chill 8 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.02, Glycemic Load:41.57, Inflammation Score:-8, Nutrition Score:15.603913107644%

## Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## **Nutrients (% of daily need)**

Calories: 854.65kcal (42.73%), Fat: 57.05g (87.78%), Saturated Fat: 27.84g (174%), Carbohydrates: 80.16g (26.72%), Net Carbohydrates: 76.69g (27.89%), Sugar: 37.34g (41.48%), Cholesterol: 140.31mg (46.77%), Sodium: 388.92mg (16.91%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Caffeine: 75.99mg (25.33%), Protein: 10.36g (20.73%), Selenium: 23.88µg (34.11%), Manganese: 0.61mg (30.56%), Vitamin A: 1446.96IU (28.94%), Vitamin B2: 0.49mg (28.59%), Vitamin B1: 0.42mg (28.26%), Folate: 101.43µg (25.36%), Iron: 3.59mg (19.92%), Vitamin B3: 3.73mg (18.64%), Phosphorus: 175.42mg (17.54%), Copper: 0.32mg (15.99%), Vitamin E: 2.26mg (15.07%), Fiber: 3.47g (13.89%), Magnesium: 55.41mg (13.85%), Vitamin K: 14.31µg (13.63%), Vitamin D: 1.7µg (11.33%), Calcium: 98.58mg (9.86%), Potassium: 335.17mg (9.58%), Vitamin B5: 0.77mg (7.72%), Zinc: 1.1mg (7.32%), Vitamin B6: 0.08mg (4.2%), Vitamin B12: 0.23µg (3.84%)