



## Frozen Layered Sorbet Torte

READY IN



440 min.

SERVINGS



20

CALORIES



146 kcal

### Ingredients

- 0.3 cup butter melted
- 1 cup baker's angel flake coconut
- 5 small sprigs mint leaves fresh
- 2 cups mangos divided softened
- 0.5 cup raspberries fresh
- 1.5 cups vanilla wafers crushed finely
- 0.5 cup planters walnuts chopped
- 8 oz cool whip whipped topping divided thawed

### Equipment

- frying pan
- whisk
- springform pan

## Directions

- Combine first 4 ingredients; set aside.
- Whisk mango sorbet and 1/2 cup COOL WHIP until blended; spread onto bottom of 9-inch springform pan. Cover with half the crumb mixture; press lightly into sorbet. Freeze 1 hour.
- Whisk coconut sorbet and 1/2 cup COOL WHIP until blended; spread over crumb mixture in pan. Top with remaining crumb mixture; press lightly into sorbet. Freeze 1 hour.
- Whisk raspberry sorbet and 1/2 cup COOL WHIP until blended; spread over crumb mixture. Cover with remaining COOL WHIP. Freeze 4 hours.
- Remove torte from freezer 10 min. before serving.
- Let stand at room temperature to soften slightly. Loosen torte from rim of pan; remove rim.
- Garnish torte with berries and mint.

## Nutrition Facts

**PROTEIN 4.32%** **FAT 64.04%** **CARBS 31.64%**

## Properties

Glycemic Index:9.95, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:3.1160869546559%

## Flavonoids

Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 145.8kcal (7.29%), Fat: 10.74g (16.52%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 9.94g (3.61%), Sugar: 6.34g (7.04%), Cholesterol: 8.44mg (2.81%), Sodium: 67.51mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Manganese: 0.32mg (16%), Fiber: 2g (8%), Vitamin C: 4.11mg (4.98%), Copper: 0.1mg (4.79%), Vitamin B1: 0.05mg (3.64%), Phosphorus: 36.17mg (3.62%), Folate: 14.4µg (3.6%), Magnesium: 12.82mg (3.2%), Vitamin B2: 0.05mg (2.67%), Vitamin A: 119.09IU (2.38%), Potassium: 79.34mg (2.27%), Vitamin E: 0.31mg (2.09%), Iron: 0.35mg (1.97%), Vitamin B6: 0.04mg (1.97%), Vitamin B3: 0.38mg (1.9%), Selenium: 1.27µg (1.81%), Vitamin K: 1.89µg (1.8%), Calcium: 17.29mg (1.73%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.1mg (1.05%)