



Frozen Orange Tortes with Cranberry Compote

READY IN



540 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 16 chocolate wafers such as nabisco famous
- ☐ 1 cup cranberries fresh
- ☐ 2 tablespoons dutch-processed cocoa powder
- ☐ 2 large egg whites
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 cup pear liqueur orange-flavored

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups whipped cream
- ☐ 2 tablespoons water
- ☐ 3 tablespoons water

Equipment

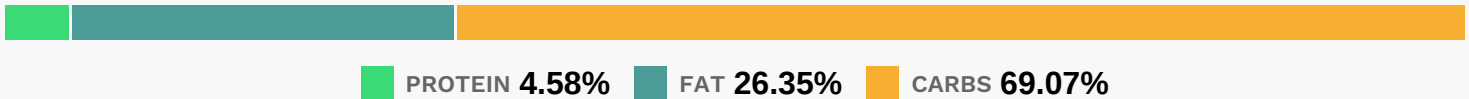
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 40
- ☐ To prepare crust, combine first 3 ingredients in a food processor; process until finely ground. With motor running, pour butter through food chute; process until well blended. Divide crumb mixture evenly among 8 (6-ounce) straight-sided ramekins coated with cooking spray; press mixture into bottoms of ramekins.
- ☐ Place ramekins on a baking sheet; bake at 400 for 8 minutes or until toasted. Cool completely.
- ☐ To prepare filling, place egg whites and salt in a bowl; beat with a mixer at high speed until foamy.
- ☐ Combine sugar and 3 tablespoons water in a small saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 25

- ☐
- Gradually pour hot sugar syrup in a thin stream into egg white mixture, beating at medium speed, then at high speed until stiff peaks form. Reduce mixer to medium speed; beat until mixture cools (about 8 minutes).
- ☐
- Allow ice cream to stand at room temperature for 15 minutes or until very soft; stir rind and orange juice into ice cream. Fold one-third of egg white mixture into ice cream mixture. Gently fold remaining egg white mixture into ice cream mixture. Divide mixture evenly among ramekins; freeze for 8 hours or overnight.
- ☐
- To prepare the compote, combine 1 cup fresh cranberries, 1/2 cup sugar, 2 tablespoons water, and 1 tablespoon lemon juice in a small saucepan over medium heat; bring to a boil. Cook for 10 minutes or until thick, stirring occasionally.
- ☐
- Remove from heat, and stir in liqueur. Cover and chill for 4 hours or overnight. Unmold tortes; serve with cranberry compote.

Nutrition Facts



Properties

Glycemic Index:58.47, Glycemic Load:25.1, Inflammation Score:-3, Nutrition Score:4.0091304247794%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 264.76kcal (13.24%), Fat: 7.56g (11.64%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 43.02g (15.64%), Sugar: 37.71g (41.9%), Cholesterol: 18.66mg (6.22%), Sodium: 163.27mg (7.1%), Alcohol: 2.98g (100%), Alcohol %: 3.34% (100%), Caffeine: 4.07mg (1.36%), Protein: 2.96g (5.92%), Vitamin C:

7.52mg (9.11%), Manganese: 0.18mg (9.09%), Vitamin B2: 0.14mg (8.36%), Fiber: 1.59g (6.38%), Copper: 0.13mg (6.26%), Phosphorus: 56.08mg (5.61%), Magnesium: 19.01mg (4.75%), Selenium: 3.17µg (4.52%), Vitamin A: 219.37IU (4.39%), Calcium: 42.13mg (4.21%), Iron: 0.75mg (4.16%), Potassium: 137.25mg (3.92%), Vitamin B1: 0.05mg (3.05%), Vitamin E: 0.42mg (2.77%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.27mg (2.7%), Folate: 10.76µg (2.69%), Vitamin B3: 0.46mg (2.31%), Vitamin B12: 0.12µg (2.01%), Vitamin B6: 0.03mg (1.62%), Vitamin K: 1.27µg (1.21%)