



Frozen White Chocolate and Raspberry Mousse Torte

READY IN



45 min.

SERVINGS



12

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 12 servings mint-filled chocolate squares
- ☐ 9 ounce chocolate wafers such as nabisco famous
- ☐ 0.3 cup blackcurrants black raspberry-flavored currant-flavored (liqueur)
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 0.8 cup powdered sugar
- ☐ 0.5 pint raspberries
- ☐ 24 raspberries unsweetened frozen thawed drained
- ☐ 0.5 cup sugar

- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream chilled
- ☐ 12 ounces chocolate white finely chopped

Equipment

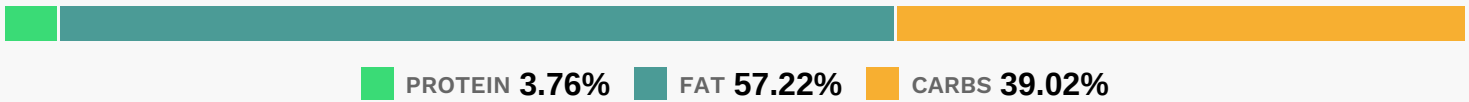
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Finely grind cookie pieces in processor.
- ☐ Add butter; blend until crumbs are moist. Press mixture onto bottom and halfway up sides of 9-inch-diameter springform pan with 2 3/4-inch-high sides. Freeze while preparing mousse.
- ☐ Place liqueur in heavy medium saucepan.
- ☐ Sprinkle gelatin over liqueur; let stand until gelatin softens, about 20 minutes.
- ☐ Press raspberries firmly through sieve into large measuring cup.
- ☐ Add enough reserved juices to puree in cup to measure 1 2/3 cups berry mixture.
- ☐ Add berry mixture and 1/2 cup sugar to gelatin mixture. Stir over medium-low heat just until sugar and gelatin dissolve, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add white chocolate; stir until melted.
- ☐ Transfer raspberry mixture to large bowl. Chill until thick but not set, stirring often, about 2 hours.
- ☐ Beat cream, powdered sugar and vanilla in bowl until stiff peaks form. Fold cream into raspberry mixture in 3 additions.

- ☐
- Transfer mousse to crust; smooth top. Freeze until firm, at least 6 hours. (Can be made 4 days ahead. Cover; freeze.)
- ☐
- Cut around pan sides; release pan sides.
- ☐
- Place torte on platter. Arrange raspberries around top edge of torte. Decorate with Chocolate Leaves.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:25.15, Inflammation Score:-6, Nutrition Score:7.7865217457647%

Flavonoids

Cyanidin: 12.8mg, Cyanidin: 12.8mg, Cyanidin: 12.8mg, Cyanidin: 12.8mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 3.1mg, Delphinidin: 3.1mg, Delphinidin: 3.1mg, Delphinidin: 3.1mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 526.44kcal (26.32%), Fat: 34.31g (52.79%), Saturated Fat: 20.39g (127.45%), Carbohydrates: 52.65g (17.55%), Net Carbohydrates: 50.25g (18.27%), Sugar: 42.58g (47.32%), Cholesterol: 71.54mg (23.85%), Sodium: 162.44mg (7.06%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 5.07g (10.14%), Vitamin A: 887.98IU (17.76%), Manganese: 0.33mg (16.58%), Vitamin C: 12.54mg (15.2%), Vitamin B2: 0.23mg (13.65%), Phosphorus: 112.9mg (11.29%), Calcium: 102mg (10.2%), Fiber: 2.4g (9.6%), Vitamin E: 1.25mg (8.31%), Copper: 0.16mg (8.04%), Iron: 1.24mg (6.88%), Vitamin K: 6.87µg (6.54%), Potassium: 218.09mg (6.23%), Magnesium: 24.55mg (6.14%), Selenium: 4.11µg (5.87%), Vitamin B1: 0.08mg (5.3%), Vitamin D: 0.78µg (5.18%), Vitamin B3: 1.02mg (5.09%), Folate: 20.12µg (5.03%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.26µg (4.29%), Vitamin B6: 0.06mg (2.87%)