



Fudgy Chocolate Torte

READY IN



195 min.

SERVINGS



16

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.3 cup condensed milk sweetened (not evaporated)
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 box chocolate cake mix
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup apple sauce
- ☐ 2 eggs
- ☐ 0.3 cup pecans chopped

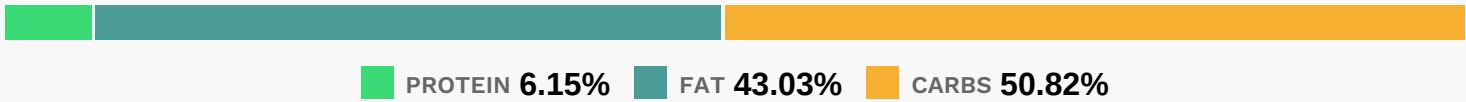
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. Grease and lightly flour 9- or 10-inch springform pan, or spray with baking spray with flour.
- ☐ In small microwavable bowl, microwave condensed milk and chocolate chips uncovered on Medium (50%) about 1 minute or until chocolate can be stirred smooth; set aside.
- ☐ In large bowl, beat dry cake mix and oil with electric mixer on low speed about 15 seconds or until crumbly; reserve 2/3 cup. Beat applesauce and eggs into remaining cake mixture on low speed 30 seconds (batter will be grainy), then beat on medium speed 2 minutes.
- ☐ Spread in pan.
- ☐ Drop chocolate mixture by teaspoonfuls over batter, dropping more around edge than in center. Stir pecans into reserved cake mixture; crumble over batter.
- ☐ Bake 45 to 50 minutes or until center is set; cool 10 minutes.
- ☐ Remove side of pan; cool completely, about 2 hours. Store covered.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:2.13, Inflammation Score:-2, Nutrition Score:5.066086984199%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate:

0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate:
0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 209kcal (10.45%), Fat: 10.45g (16.08%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 27.77g (9.26%), Net
Carbohydrates: 26.33g (9.58%), Sugar: 17.06g (18.95%), Cholesterol: 22.97mg (7.66%), Sodium: 239.45mg (10.41%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.81mg (2.6%), Protein: 3.36g (6.72%), Phosphorus: 121.41mg
(12.14%), Manganese: 0.24mg (12.09%), Copper: 0.21mg (10.67%), Iron: 1.76mg (9.79%), Selenium: 6.57µg (9.39%),
Magnesium: 28mg (7%), Calcium: 67.22mg (6.72%), Vitamin B2: 0.1mg (6.12%), Fiber: 1.44g (5.77%), Folate: 20.87µg
(5.22%), Vitamin B1: 0.07mg (4.91%), Potassium: 170.01mg (4.86%), Zinc: 0.6mg (4.01%), Vitamin K: 4.13µg (3.93%),
Vitamin E: 0.56mg (3.75%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.21mg (2.1%), Vitamin B6: 0.03mg (1.65%),
Vitamin B12: 0.09µg (1.45%), Vitamin A: 54.93IU (1.1%)