



## German Chocolate Torte

 Gluten Free

READY IN



678 min.

SERVINGS



10

CALORIES



386 kcal

### Ingredients

- ☐ 16 oz round cake
- ☐ 0.8 cup water
- ☐ 2 eggs
- ☐ 8 ounces baker's chocolate sweet
- ☐ 0.3 cup strong coffee decoction
- ☐ 2 tablespoons brandy
- ☐ 1.5 cups whipping cream (heavy)

### Equipment

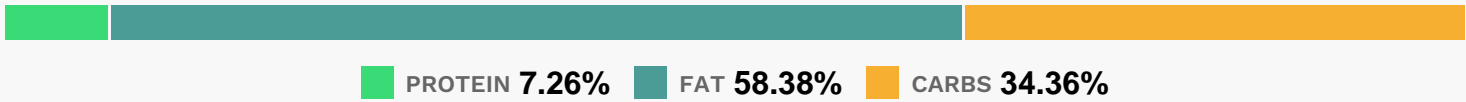
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F. Grease and flour loaf pan, 9x5x3 inches.
- ☐ Beat cake mix, water and eggs in medium bowl with electric mixer on low speed 30 seconds; beat on medium speed 3 minutes.
- ☐ Pour into pan.
- ☐ Bake 48 to 58 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool 30 minutes. Freeze cake uncovered about 1 hour 30 minutes or until firm.
- ☐ Cut cake horizontally into 6 layers.
- ☐ Heat chocolate and coffee over low heat, stirring constantly, until chocolate is melted. Stir in cognac; cool.
- ☐ Beat whipping cream in chilled medium bowl with electric mixer on high speed until stiff. Fold chocolate mixture into whipped cream.
- ☐ Spread 1/2 cup whipped cream mixture between each cake layer. Frost sides and top of torte with remaining whipped cream mixture. Refrigerate at least 8 hours before serving. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:13.150434732437%

## Flavonoids

Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg, Catechin: 14.59mg Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg, Epicatechin: 32.17mg

Nutrients (% of daily need)

Calories: 386.12kcal (19.31%), Fat: 26.81g (41.25%), Saturated Fat: 16.19g (101.17%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 31.52g (11.46%), Sugar: 17.93g (19.92%), Cholesterol: 119.34mg (39.78%), Sodium: 311.2mg (13.53%), Alcohol: 1g (100%), Alcohol %: 0.91% (100%), Caffeine: 20.51mg (6.84%), Protein: 7.5g (15.01%), Manganese: 1.04mg (52.25%), Copper: 0.78mg (38.76%), Iron: 5.37mg (29.84%), Magnesium: 83.06mg (20.77%), Phosphorus: 191.29mg (19.13%), Zinc: 2.62mg (17.46%), Fiber: 3.99g (15.97%), Vitamin B2: 0.26mg (15.1%), Selenium: 9.74µg (13.91%), Vitamin A: 642.16IU (12.84%), Vitamin B1: 0.16mg (10.35%), Calcium: 83.8mg (8.38%), Folate: 33.35µg (8.34%), Potassium: 282.17mg (8.06%), Vitamin B3: 1.22mg (6.12%), Vitamin D: 0.84µg (5.59%), Vitamin B5: 0.5mg (4.96%), Vitamin E: 0.62mg (4.14%), Vitamin B12: 0.24µg (4.07%), Vitamin K: 3.47µg (3.3%), Vitamin B6: 0.06mg (2.86%)