



Ghirardelli® Flourless Mocha Torte

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 4 ounces into 1-inch pieces chopped
- ☐ 1 ounce ghirardelli cacao bittersweet chocolate baking bar 60% for shavings
- ☐ 6 large eggs separated
- ☐ 0.7 cup granulated sugar white
- ☐ 2 cups heavy cream
- ☐ 1 tablespoon freeze-dried coffee instant
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water boiling

Equipment

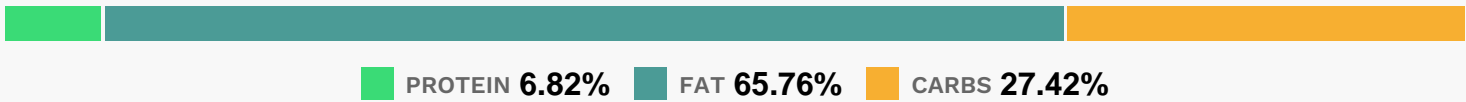
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 350 degrees F. Grease two 8-inch or 9-inch round cake pans. Line the bottoms with parchment paper and grease the parchment paper.
- ☐ To make the torte, melt the bittersweet chocolate in the top of a double boiler or in a heatproof bowl over barely simmering water, stirring occasionally until smooth. Set aside. Dissolve the coffee in the boiling water; set aside.
- ☐ In a large bowl, whip the egg whites with an electric mixer on medium speed until soft peaks form. Gradually add 1/3 cup sugar, and increase the mixing speed to high and continue beating until stiff peaks form.
- ☐ In another large bowl, whip the yolks, the remaining 1/3 cup sugar, and the salt with an electric mixer on medium speed until thick, about 5 minutes. Slowly add the chocolate mixture and coffee; beat until well blended. Fold one-quarter of the egg whites into the yolk mixture to lighten. Then fold in the remaining whites until no streaks remain.
- ☐ Pour the batter into the prepared pans.
- ☐ Bake on the center oven rack for 25 minutes. Turn off the oven and leave the cake inside for 5 minutes. Invert and transfer the pans to a wire rack (the centers will fall).
- ☐ Remove the waxed paper and cool completely.
- ☐ To make the frosting, melt the milk chocolate in the top of a double boiler or in a heatproof bowl over barely simmering water, stirring until smooth. Dissolve the coffee in the boiling water; add all at once to the chocolate, stirring continually until smooth. Cool completely.
- ☐ In a large bowl, beat the cream at high speed until stiff peaks form. Gently fold the chocolate mixture into the whipped cream.

- ☐
- To assemble the torte, level the top of each layer by cutting off the raised edges with a long serrated knife.
- ☐
- Place one layer on a serving plate.
- ☐
- Spread the layer with 1 cup of the chocolate whipped cream. Top with the remaining cake layer. Frost the top and sides of the torte with the remaining frosting.
- ☐
- Sprinkle the top with bittersweet chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:14.09, Glycemic Load:14.95, Inflammation Score:-6, Nutrition Score:9.6830435317496%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 416.9kcal (20.85%), Fat: 31.8g (48.92%), Saturated Fat: 18.85g (117.82%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 28.25g (10.27%), Sugar: 27.08g (30.09%), Cholesterol: 206.74mg (68.91%), Sodium: 145.64mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 7.42g (14.85%), Vitamin C: 22.94mg (27.81%), Vitamin A: 1077.15IU (21.54%), Selenium: 14.08µg (20.12%), Vitamin B2: 0.32mg (19.06%), Phosphorus: 143.77mg (14.38%), Iron: 2.14mg (11.88%), Copper: 0.23mg (11.59%), Manganese: 0.23mg (11.48%), Vitamin D: 1.7µg (11.35%), Magnesium: 36.35mg (9.09%), Zinc: 1.18mg (7.89%), Vitamin B5: 0.74mg (7.43%), Vitamin B12: 0.43µg (7.15%), Calcium: 68.09mg (6.81%), Vitamin E: 0.99mg (6.61%), Fiber: 1.57g (6.28%), Potassium: 203.78mg (5.82%), Folate: 21.42µg (5.36%), Vitamin B6: 0.09mg (4.58%), Vitamin K: 3.25µg (3.1%), Vitamin B1: 0.03mg (2.33%), Vitamin B3: 0.21mg (1.05%)