



Gluten-Free Brownie Ganache Torte with Raspberries

 Gluten Free

READY IN



115 min.

SERVINGS



12

CALORIES



276 kcal

Ingredients

- 0.3 cup butter melted
- 2 eggs
- 16 oz betty brownie mix gluten free betty crocker®
- 1 cup raspberries fresh sliced
- 0.5 cup bittersweet chocolate
- 0.3 cup whipping cream

Equipment

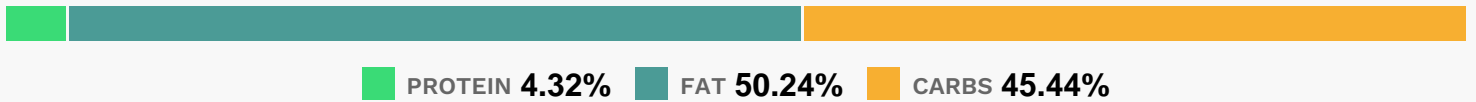
- bowl

- frying pan
- sauce pan
- oven
- knife
- toothpicks
- springform pan

Directions

- Heat oven to 350°F. Spray bottom only of 8-inch springform pan with cooking spray.
- In medium bowl, stir brownie mix, butter and eggs until well blended.
- Spread in pan.
- Bake 26 to 29 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean; cool 10 minutes. Run knife around edge of pan to loosen; remove side of pan. Cool completely, about 1 hour.
- In 1-quart saucepan, heat whipping cream over medium-low heat until hot.
- Remove from heat; stir in chocolate chips until melted and smooth.
- Let stand 15 minutes to thicken. Carefully pour chocolate mixture onto top center of brownie; spread just to edge.
- Cut into wedges.
- Serve with raspberries.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.4326086769933%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin:

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Nutrients (% of daily need)

Calories: 276.29kcal (13.81%), Fat: 15.85g (24.39%), Saturated Fat: 7.81g (48.82%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 29.67g (10.79%), Sugar: 20.89g (23.21%), Cholesterol: 45.36mg (15.12%), Sodium: 225.68mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 3.07g (6.14%), Fiber: 2.58g (10.33%), Iron: 1.64mg (9.1%), Manganese: 0.17mg (8.29%), Copper: 0.11mg (5.3%), Vitamin A: 261.91IU (5.24%), Vitamin C: 4.28mg (5.18%), Selenium: 3.13µg (4.47%), Phosphorus: 41.35mg (4.13%), Magnesium: 16.47mg (4.12%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.38mg (2.52%), Zinc: 0.35mg (2.33%), Potassium: 73.98mg (2.11%), Vitamin B5: 0.19mg (1.89%), Vitamin K: 1.87µg (1.78%), Vitamin D: 0.25µg (1.68%), Calcium: 16.63mg (1.66%), Vitamin B12: 0.1µg (1.62%), Folate: 5.95µg (1.49%), Vitamin B6: 0.02mg (1.15%)