



WHATSheATE



Gluten-Free Brownie Ganache Torte with Raspberries

 Gluten Free

READY IN



115 min.

SERVINGS



12

CALORIES



276 kcal

Ingredients

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

Equipment

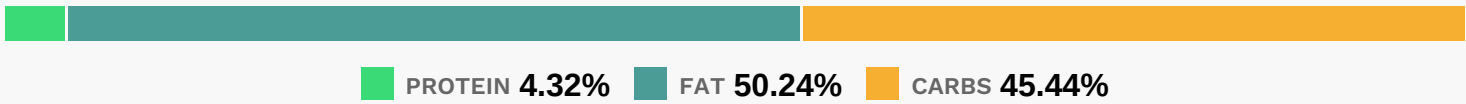
- ☐ bowl

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

Directions

- ☐ Heat oven to 350F. 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:

0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

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: Og (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%)