



Indulgent Chocolate Torte

READY IN



130 min.

SERVINGS



12

CALORIES



321 kcal

DESSERT

Ingredients

- 6 oz semi chocolate chips (1 cup)
- 0.5 cup butter
- 0.5 cup flour all-purpose
- 4 eggs separated
- 0.5 cup granulated sugar
- 1 oz baker's chocolate unsweetened
- 1 teaspoon butter
- 1 cup powdered sugar
- 4 teaspoons water boiling

- 0.3 cup mrs richardson's butterscotch caramel sauce
- 1 serving chocolate curls
- 0.5 cup pecans chopped toasted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- hand mixer
- springform pan

Directions

- Heat oven to 325°F. Grease 9-inch springform pan. In 2-quart saucepan, melt chocolate chips and 1/2 cup butter over medium heat, stirring frequently. Cool 5 minutes. Stir in flour until smooth. Stir in egg yolks until well blended.
- In large bowl, beat egg whites with electric mixer on high speed until foamy. Beat in granulated sugar, 1 tablespoon at a time, until soft peaks form. Fold chocolate mixture into egg whites. In pan, spread batter evenly.
- Bake 35 to 40 minutes or until top appears dry and cracked. Cool 10 minutes. Run knife along side of pan to loosen cake; remove side of pan. Cool completely.
- Place cake on serving plate.
- In 2-quart saucepan, melt chocolate and 1 teaspoon butter over low heat, stirring frequently. Stir in powdered sugar and water until smooth.
- Drizzle glaze over top of cake.
- Drizzle caramel topping over glaze.
- Garnish with chocolate curls and pecans.

Nutrition Facts



■ PROTEIN 5.02% ■ FAT 52.81% ■ CARBS 42.17%

Properties

Glycemic Index:12.92, Glycemic Load:8.71, Inflammation Score:-4, Nutrition Score:6.6678260924376%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 321.25kcal (16.06%), Fat: 19.39g (29.83%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 32.73g (11.9%), Sugar: 27.18g (30.2%), Cholesterol: 55.42mg (18.47%), Sodium: 137.82mg (5.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.15mg (4.72%), Protein: 4.14g (8.29%), Manganese: 0.54mg (26.76%), Copper: 0.33mg (16.42%), Selenium: 8.02µg (11.46%), Iron: 1.94mg (10.75%), Magnesium: 41.85mg (10.46%), Phosphorus: 98.49mg (9.85%), Vitamin A: 447.75IU (8.96%), Fiber: 2.11g (8.44%), Zinc: 1.04mg (6.92%), Vitamin B2: 0.12mg (6.77%), Vitamin B1: 0.09mg (5.72%), Folate: 18.31µg (4.58%), Potassium: 153.54mg (4.39%), Vitamin E: 0.62mg (4.16%), Vitamin B5: 0.35mg (3.52%), Calcium: 29.67mg (2.97%), Vitamin B12: 0.18µg (2.96%), Vitamin B3: 0.53mg (2.63%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.47µg (1.4%)