



WHATSheATE



Indulgent Chocolate Torte

READY IN



130 min.

SERVINGS



12

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 teaspoon butter
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 12 servings chocolate curls
- ☐ 4 eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup pecans chopped toasted
- ☐ 1 cup powdered sugar

- ☐ 6 oz semi chocolate chips (1 cup)
- ☐ 1 oz baker's chocolate unsweetened
- ☐ 4 teaspoons water boiling

Equipment

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

Directions

- ☐ Heat oven to 325F. 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



Properties

Glycemic Index:12.92, Glycemic Load:8.71, Inflammation Score:-4, Nutrition Score:6.8060869597222%

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: 326.56kcal (16.33%), Fat: 19.74g (30.37%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.14g (12.05%), Sugar: 27.52g (30.57%), Cholesterol: 55.47mg (18.49%), Sodium: 137.91mg (6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.94mg (4.98%), Protein: 4.2g (8.4%), Manganese: 0.55mg (27.37%), Copper: 0.34mg (16.99%), Selenium: 8.1µg (11.57%), Iron: 1.99mg (11.08%), Magnesium: 43.46mg (10.87%), Phosphorus: 100.87mg (10.09%), Vitamin A: 448.21IU (8.96%), Fiber: 2.18g (8.73%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.12mg (6.8%), Vitamin B1: 0.09mg (5.74%), Folate: 18.31µg (4.58%), Potassium: 158.74mg (4.54%), Vitamin E: 0.63mg (4.19%), Vitamin B5: 0.35mg (3.55%), Calcium: 30.24mg (3.02%), Vitamin B12: 0.18µg (2.98%), Vitamin B3: 0.53mg (2.67%), Vitamin B6: 0.04mg (2.17%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.54µg (1.47%)