



Italian Chocolate-Chestnut Torte

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 2 large eggs separated
- ☐ 6 tablespoons granulated sugar
- ☐ 10 servings whipped cream
- ☐ 0.8 cup mascarpone cheese
- ☐ 0.5 cup part-skim ricotta
- ☐ 10 servings powdered sugar
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.3 cup frangelico drained chopped (see notes)

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Equipment

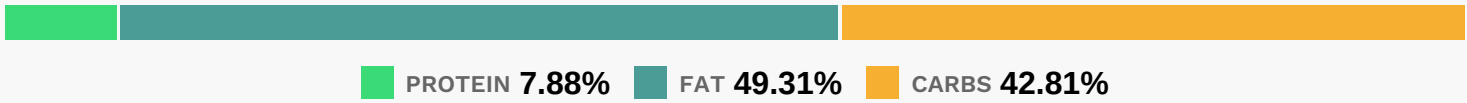
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ cake form
- ☐ microwave

Directions

- ☐ In a large microwave-safe bowl, heat chocolate in a microwave oven on full power (100%) until soft, about 2 minutes, stirring every 30 seconds.
- ☐ To chocolate, add mascarpone, ricotta, 1/4 cup granulated sugar, egg yolks, rum, flour, and chopped chestnuts; stir until well blended.
- ☐ In a bowl, with a mixer on high speed, beat egg whites until foamy. Gradually add remaining 2 tablespoons sugar and continue to beat whites until they hold stiff peaks. Gently fold whites into cheese mixture; scrape into cookie crust and spread level.
- ☐ Bake in a 350 oven until filling is firm when pan is gently shaken and springs back when lightly touched in the center, about 30 minutes (20 minutes in a convection oven).
- ☐ Cool on a rack about 20 minutes. Run a knife between cake and pan rim; remove rim.
- ☐ Let torte cool to room temperature, about 45 minutes; proceed, or chill airtight up to 1 day.
- ☐ Sift powdered sugar over torte. If desired, decorate top with whole chestnuts spaced evenly around rim.
- ☐ Cut into wedges and serve with ice cream.
- ☐ Cookie crust. In a food processor or blender, whirl about 45 vanilla wafer cookies (6 oz. total) until finely ground.
- ☐ Pour crumbs into a 9-inch cake pan with removable rim.

Add 3 tablespoons melted butter or margarine, 1 tablespoon each honey and rum, 1 teaspoon vanilla, and 1/4 teaspoon ground cinnamon; mix well and press evenly over bottom and 1 inch up sides of pan.

Nutrition Facts



Properties

Glycemic Index:20.61, Glycemic Load:15.97, Inflammation Score:-4, Nutrition Score:5.7999999639781%

Nutrients (% of daily need)

Calories: 347.01kcal (17.35%), Fat: 19.01g (29.25%), Saturated Fat: 11.38g (71.15%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 36.13g (13.14%), Sugar: 31.17g (34.63%), Cholesterol: 87.3mg (29.1%), Sodium: 92.64mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 6.83g (13.67%), Calcium: 151.57mg (15.16%), Vitamin B2: 0.25mg (14.6%), Phosphorus: 129.91mg (12.99%), Vitamin A: 618.56IU (12.37%), Selenium: 7.96µg (11.37%), Vitamin B12: 0.39µg (6.54%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.6mg (5.97%), Magnesium: 22.97mg (5.74%), Potassium: 196.44mg (5.61%), Manganese: 0.11mg (5.32%), Copper: 0.1mg (5.15%), Iron: 0.8mg (4.45%), Vitamin B1: 0.06mg (4%), Fiber: 1g (4%), Folate: 15.33µg (3.83%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.35mg (2.31%), Vitamin D: 0.34µg (2.3%), Vitamin B3: 0.33mg (1.63%)