



Mango-Strawberry Sorbet Torte

READY IN



325 min.

SERVINGS



16

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 16 servings lime zest
- ☐ 2 cups mango sorbet softened
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups raspberry sorbet softened
- ☐ 16 servings strawberries fresh
- ☐ 1.5 cups whipping cream
- ☐ 1 box cake mix white

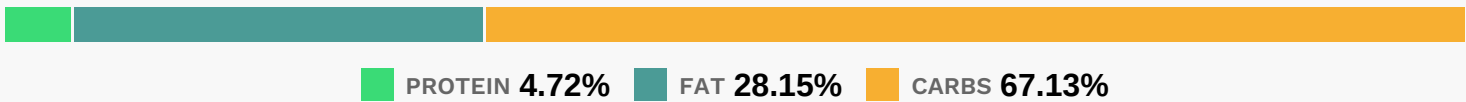
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Spray bottom only of 15x10x1-inch pan with baking spray with flour. Line bottom of pan with waxed paper; spray waxed paper.
- ☐ Make cake batter as directed on box.
- ☐ Pour into pan.
- ☐ Bake 21 to 27 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan to cooling rack; remove waxed paper. Cool completely, about 1 hour.
- ☐ Cut cake crosswise into 3 equal sections. On long serving platter, place 1 section, rounded side down.
- ☐ Spread mango sorbet evenly over top.
- ☐ Place another cake section onto the sorbet; press down.
- ☐ Spread with strawberry sorbet. Top with remaining cake section; press down. Cover lightly; freeze about 2 hours or until firm.
- ☐ In large bowl, beat frosting ingredients with electric mixer on high speed until stiff peaks form. Frost sides and top of torte. Freeze about 1 hour or until firm. Just before serving, garnish top with lime peel and strawberries. To serve, let stand at room temperature 10 minutes.
- ☐ Cut torte in half lengthwise, then cut crosswise 7 times to make a total of 16 slices.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:3.3, Inflammation Score:-6, Nutrition Score:11.886086945948%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 309kcal (15.45%), Fat: 9.89g (15.22%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 49.01g (17.82%), Sugar: 32.89g (36.55%), Cholesterol: 25.21mg (8.4%), Sodium: 259.33mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin C: 85.7mg (103.87%), Manganese: 0.62mg (31.14%), Fiber: 4.06g (16.25%), Phosphorus: 156.86mg (15.69%), Folate: 58.35µg (14.59%), Calcium: 109.2mg (10.92%), Vitamin B2: 0.14mg (8.53%), Potassium: 264.97mg (7.57%), Vitamin B1: 0.11mg (7.33%), Iron: 1.25mg (6.96%), Vitamin A: 346.77IU (6.94%), Vitamin B3: 1.35mg (6.73%), Vitamin E: 0.91mg (6.07%), Magnesium: 24.05mg (6.01%), Selenium: 4.05µg (5.79%), Copper: 0.1mg (4.96%), Vitamin K: 4.77µg (4.55%), Vitamin B6: 0.09mg (4.29%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.41mg (2.71%), Vitamin D: 0.36µg (2.38%)