



Mocha Brownie Torte with Strawberries

 Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup matzo meal
- ☐ 0.3 cup almond flour
- ☐ 2 teaspoons coffee instant
- ☐ 1 tablespoon water
- ☐ 2 egg whites

- ☐ 1.5 cups strawberries sliced
- ☐ 2 tablespoons apple jelly melted

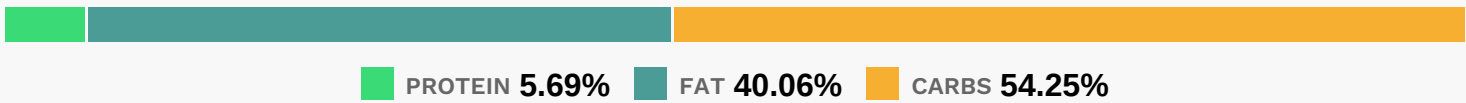
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Line 9-inch round cake pan with waxed paper or parchment paper; grease paper with shortening or cooking spray.
- ☐ In medium bowl, beat sugar, cocoa and margarine with spoon until well blended. Stir in cake meal, almonds, instant coffee and water until smooth (batter will be thick).
- ☐ In small bowl, beat egg whites with electric mixer on high speed until stiff peaks form. Fold into chocolate mixture until well blended.
- ☐ Spread mixture evenly in pan.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 2 hours.
- ☐ Just before serving, place torte on serving plate. Top with sliced strawberries; brush with melted jelly. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:15.57, Inflammation Score:-4, Nutrition Score:4.6847825737103%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 225.09kcal (11.25%), Fat: 10.65g (16.39%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 29.88g (10.86%), Sugar: 22.75g (25.28%), Cholesterol: 0mg (0%), Sodium: 104.64mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.09mg (5.36%), Protein: 3.41g (6.82%), Vitamin C: 16.33mg (19.8%), Manganese: 0.29mg (14.37%), Fiber: 2.59g (10.36%), Copper: 0.16mg (8.05%), Vitamin A: 341.56IU (6.83%), Selenium: 4.52µg (6.45%), Magnesium: 24.99mg (6.25%), Iron: 1.02mg (5.67%), Vitamin B2: 0.08mg (4.44%), Phosphorus: 42.98mg (4.3%), Potassium: 131.58mg (3.76%), Vitamin E: 0.38mg (2.56%), Vitamin B3: 0.49mg (2.46%), Calcium: 24.42mg (2.44%), Folate: 9.56µg (2.39%), Vitamin B1: 0.03mg (2.26%), Zinc: 0.33mg (2.2%), Vitamin B6: 0.03mg (1.3%)