



Mocha Fudge Torte

READY IN



53 min.

SERVINGS



10

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons chocolate syrup fat-free
- ☐ 1 large eggs
- ☐ 1.5 cups chocolate-flavored graham crackers crushed bear-shaped
- ☐ 1 tablespoon coffee granules instant
- ☐ 2 tablespoons sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 teaspoon cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups non-dairy whipped topping fat-free frozen thawed

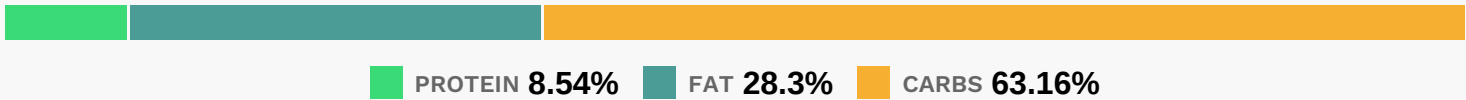
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Combine cookie crumbs, sugar, and butter. Press into bottom of a 9-inch spring-form pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes.
- ☐ Beat cream cheese and next 6 ingredients with a mixer at medium speed 30 seconds or until smooth.
- ☐ Pour into prepared crust.
- ☐ Bake at 350 for 25 minutes. Cool on a wire rack. Cover and chill 2 hours.
- ☐ Remove sides of pan; dollop torte with whipped topping, and sprinkle with cocoa.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:22.12, Inflammation Score:-3, Nutrition Score:6.5969565251599%

Flavonoids

Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epicatechin: 5.73mg, Epicatechin: 5.73mg, Epicatechin: 5.73mg, Epicatechin: 5.73mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 264.18kcal (13.21%), Fat: 8.59g (13.21%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 41.4g (15.06%), Sugar: 31.99g (35.55%), Cholesterol: 39.91mg (13.3%), Sodium: 177.75mg (7.73%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Caffeine: 22.77mg (7.59%), Protein: 5.83g (11.67%), Vitamin B2: 0.3mg (17.78%), Phosphorus: 176.59mg (17.66%), Calcium: 144.35mg (14.44%), Selenium: 8.35µg (11.93%), Magnesium: 39.98mg (9.99%), Copper: 0.16mg (7.91%), Potassium: 266.98mg (7.63%), Manganese: 0.15mg (7.41%), Iron: 1.28mg (7.11%), Fiber: 1.74g (6.96%), Zinc: 0.98mg (6.54%), Vitamin B12: 0.39µg (6.51%), Vitamin B1: 0.09mg (5.88%), Vitamin A: 222.63IU (4.45%), Vitamin B3: 0.87mg (4.33%), Folate: 15.98µg (3.99%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.06mg (3.01%), Vitamin E: 0.2mg (1.3%), Vitamin C: 1.04mg (1.27%), Vitamin D: 0.18µg (1.2%)