



Mocha Mousse Torte

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



855 kcal

DESSERT

Ingredients

- 1.5 cups butter
- 4 ounce bittersweet chocolate bar
- 7 large eggs lightly beaten
- 10 servings mocha ganache
- 12 ounce semisweet chocolate morsels
- 1 slices garnishes: strawberries whole
- 1 cup strong coffee decoction brewed
- 1 cup sugar

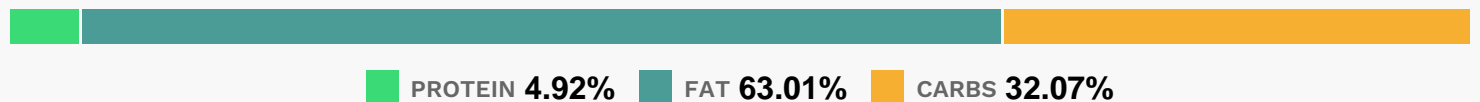
Equipment

- frying pan
- sauce pan
- oven
- whisk
- wire rack
- springform pan

Directions

- Cook first 5 ingredients in a large saucepan over low heat, whisking constantly until smooth; remove from heat, and cool 15 minutes.
- Whisk together chocolate mixture and beaten eggs; pour into a greased and floured 10-inch springform pan.
- Bake at 325 for 50 minutes or until set. Cool completely in pan on a wire rack; remove sides of pan. Cover and chill at least 6 hours.
- Spread Mocha Ganache on top and sides of torte.
- Garnish and glaze with melted jelly, if desired.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:14.35, Inflammation Score:-7, Nutrition Score:16.045217348182%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 4.13mg, Pelargonidin: 4.13mg, Pelargonidin: 4.13mg, Pelargonidin: 4.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-

gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg
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Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin:
0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg,
Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 855.37kcal (42.77%), Fat: 60.44g (92.98%), Saturated Fat: 34.59g (216.21%), Carbohydrates: 69.22g
(23.07%), Net Carbohydrates: 62.26g (22.64%), Sugar: 54.57g (60.64%), Cholesterol: 211.33mg (70.44%), Sodium:
284.02mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 384.09mg (128.03%), Protein: 10.62g
(21.23%), Manganese: 0.9mg (45.22%), Copper: 0.83mg (41.32%), Magnesium: 130.38mg (32.6%), Fiber: 6.96g
(27.84%), Iron: 4.65mg (25.81%), Phosphorus: 254.1mg (25.41%), Selenium: 16.2µg (23.15%), Vitamin A: 1064.58IU
(21.29%), Vitamin B2: 0.33mg (19.15%), Zinc: 2.24mg (14.95%), Potassium: 487.87mg (13.94%), Vitamin C: 9.76mg
(11.83%), Vitamin E: 1.57mg (10.45%), Calcium: 99.22mg (9.92%), Vitamin B5: 0.83mg (8.34%), Vitamin K: 8.5µg
(8.1%), Vitamin B12: 0.45µg (7.52%), Folate: 23.13µg (5.78%), Vitamin B6: 0.1mg (4.96%), Vitamin D: 0.7µg (4.67%),
Vitamin B3: 0.76mg (3.81%), Vitamin B1: 0.04mg (2.98%)