



Raspberry-Chocolate Tortes

READY IN

ready

45 min.

SERVINGS

servings

9

CALORIES

calories

219 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 cup egg substitute
- ☐ 0.3 cup half-and-half fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons fudge topping fat-free hot
- ☐ 0.8 cup granulated sugar
- ☐ 1.5 tablespoons powdered sugar
- ☐ 0.3 cup raspberry preserves seedless such as Dickinson's
- ☐ 2.5 tablespoons raspberry preserves seedless

- ☐ 0.5 cup cocoa unsweetened
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ muffin liners

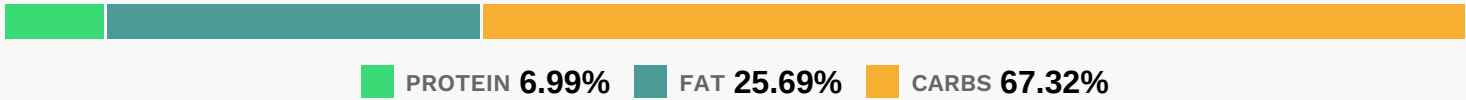
Directions

- ☐ Preheat oven to 45
- ☐ Coat 9 muffin cups with cooking spray, and dust with 2 tablespoons cocoa. Set aside.
- ☐ Melt butter in a small saucepan over low heat.
- ☐ Add 1/4 cup preserves and half-and-half, stirring with a whisk until preserves melt.
- ☐ Remove from heat; add 1/2 cup cocoa, stirring until smooth.
- ☐ Combine granulated sugar and egg substitute in medium bowl; beat with a mixer at high speed 5 minutes. Gradually add chocolate mixture to egg substitute mixture, beating until smooth.
- ☐ Add flour, beating until blended. Stir in vanilla.
- ☐ Divide batter evenly among prepared muffin cups. Spoon 1 teaspoon fudge topping into center of each torte.
- ☐ Bake at 450 for 8 to 10 minutes or until edges are set and center is soft. Cool 2 minutes. Run a thin, flexible knife around edge of each muffin cup. Carefully invert tortes onto a baking sheet;

transfer to dessert plates.

- ☐
- Combine 2 1/2 tablespoons preserves and 1 1/2 teaspoons water in a small microwave-safe bowl. Microwave at HIGH 20 seconds or until preserves melt; stir until smooth.
- ☐
- Drizzle 1 teaspoon raspberry sauce over each torte; dust each with 1/2 teaspoon powdered sugar.

Nutrition Facts



Properties

Glycemic Index:33.9, Glycemic Load:19.15, Inflammation Score:-4, Nutrition Score:5.8230434915294%

Flavonoids

Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epicatechin: 11.57mg, Epicatechin: 11.57mg, Epicatechin: 11.57mg, Epicatechin: 11.57mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 219.24kcal (10.96%), Fat: 6.67g (10.27%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 36.74g (13.36%), Sugar: 28.32g (31.46%), Cholesterol: 13.95mg (4.65%), Sodium: 115.19mg (5.01%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Caffeine: 13.99mg (4.66%), Protein: 4.08g (8.17%), Selenium: 11.09µg (15.84%), Manganese: 0.28mg (14.11%), Copper: 0.27mg (13.62%), Fiber: 2.62g (10.46%), Magnesium: 38.03mg (9.51%), Vitamin B2: 0.15mg (8.66%), Iron: 1.54mg (8.57%), Phosphorus: 81.81mg (8.18%), Potassium: 181.4mg (5.18%), Zinc: 0.74mg (4.96%), Vitamin E: 0.66mg (4.4%), Vitamin B1: 0.06mg (4.3%), Vitamin A: 205.52IU (4.11%), Vitamin B5: 0.41mg (4.1%), Calcium: 36.82mg (3.68%), Folate: 13.79µg (3.45%), Vitamin B6: 0.04mg (2.19%), Vitamin D: 0.32µg (2.13%), Vitamin B3: 0.4mg (1.98%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 1.48mg (1.79%)