

Sacher Torte

READY IN



300 min.

SERVINGS



8

CALORIES



650 kcal

DESSERT

Ingredients

- 12 ounce apricot preserves
- 0.5 cup butter softened
- 1 cup cake flour
- 2 teaspoons powdered sugar
- 3 tablespoons rum dark divided
- 6 eggs separated
- 3 ounces cup heavy whipping cream
- 4 ounces bittersweet chocolate sweet chopped ()
- 9 ounces bittersweet chocolate chopped

- 1 tablespoon water
- 0.3 cup granulated sugar white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- wire rack
- double boiler
- toothpicks
- microwave
- spatula
- springform pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly butter a 9-inch springform pan; place a circle of parchment paper inside, and butter that as well.
- Melt 4 ounces of chocolate in a metal bowl placed over gently simmering water. Stir frequently until melted, then remove from the heat and let cool slightly.
- Beat the butter together with confectioners' sugar until creamy.
- Mix in the melted chocolate, then beat in the egg yolks, one at a time. In a clean bowl, beat egg whites with white sugar until stiff and glossy. Fold into chocolate mixture, then fold in cake flour, until incorporated.
- Pour into prepared springform pan, and smooth the top.
- Bake in the preheated oven until the edges begin to pull away from the sides of the pan, and a toothpick inserted into the center comes out dry, about 45 minutes. Cool pan on a wire rack

for 15 minutes, then run a small knife around the edge and remove the sides of the pan. Allow cake to cool completely on the base of the pan. When cool, remove from pan, and remove parchment paper; slice cake in half horizontally.

- Bring 1/4 cup water and sugar to a boil in a small saucepan. When the sugar has dissolved and the syrup is clear, remove from heat and stir in 2 tablespoons rum.
- Brush 1/3 of the syrup onto the cut side of the cake bottom.
- Puree the apricot preserves with 1 tablespoon of water until smooth. Bring to a simmer over medium heat in a small saucepan, and cook until thickened, about 2 minutes. Stir in remaining rum, then spread 1/3 of the jam mixture onto the cut side of the cake bottom.
- Place the top of the cake onto the bottom.
- Brush the outside of the cake with the remaining syrup, then spread remaining apricot preserves over the top and sides; refrigerate until the icing is ready.
- To make the icing, melt 9 ounces of chocolate over a double boiler or in the microwave until smooth. Bring the cream to a simmer in a small saucepan, then stir into melted chocolate. Cool slightly, stirring often, until the chocolate reaches a spreadable consistency.
- Set the cake on a cooling rack set over a cookie sheet or waxed paper to catch any drips.
- Pour the icing on top of the cake, and spread around the edges; allow excess icing to drip through the rack. Cool cake to room temperature, then carefully remove from the cooling rack using a spatula.
- Transfer to a dessert plate and store in the refrigerator. Allow cake to come to room temperature before serving.

Nutrition Facts



PROTEIN 5.91% **FAT 50.74%** **CARBS 43.35%**

Properties

Glycemic Index:25.26, Glycemic Load:11.71, Inflammation Score:-6, Nutrition Score:12.879565270051%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 650.11kcal (32.51%), Fat: 36.5g (56.15%), Saturated Fat: 20.96g (131.01%), Carbohydrates: 70.14g (23.38%), Net Carbohydrates: 65.95g (23.98%), Sugar: 42.58g (47.31%), Cholesterol: 168.04mg (56.01%), Sodium: 163.11mg (7.09%), Alcohol: 1.88g (100%), Alcohol %: 1.35% (100%), Caffeine: 39.62mg (13.21%), Protein: 9.57g (19.14%), Manganese: 0.76mg (38.09%), Copper: 0.67mg (33.64%), Selenium: 21.56µg (30.79%), Magnesium: 91.69mg (22.92%), Iron: 3.86mg (21.43%), Phosphorus: 211.34mg (21.13%), Fiber: 4.19g (16.75%), Vitamin A: 799.54IU (15.99%), Vitamin B2: 0.22mg (12.85%), Zinc: 1.85mg (12.31%), Potassium: 368.87mg (10.54%), Vitamin E: 1.16mg (7.75%), Vitamin B5: 0.76mg (7.64%), Vitamin B12: 0.42µg (6.96%), Calcium: 68.44mg (6.84%), Vitamin D: 0.83µg (5.53%), Folate: 21.94µg (5.49%), Vitamin C: 3.81mg (4.61%), Vitamin K: 4.8µg (4.57%), Vitamin B6: 0.09mg (4.51%), Vitamin B3: 0.6mg (2.98%), Vitamin B1: 0.04mg (2.91%)