



WHATSheATE



Stracciatella Tortoni Cake with Espresso Fudge Sauce

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds with skin, toasted and cooled sliced
- ☐ 2 tablespoons amaretto
- ☐ 3.5 ounces bittersweet chocolate 60% finely chopped (no more than cacao if marked)
- ☐ 3 tablespoons plus light
- ☐ 0.5 tsp cream of tartar
- ☐ 3 tablespoons t brown sugar dark packed
- ☐ 3 large egg whites at room temperature

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 tablespoons espresso powder
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.7 cup frangelico italian finely (almond macaroons; 17; use a food processor)
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Equipment

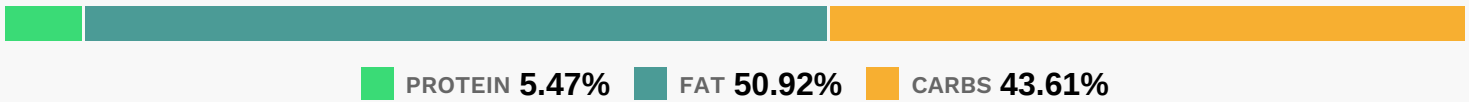
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ offset spatula

Directions

- ☐ Butter a 9- by 5-inch loaf pan and line bottom and short sides with a strip of parchment paper, leaving 4 inches of overhang on each end.
- ☐ Stir together ground cookies, ground almonds, and butter, then firmly press over bottom of pan. Freeze until firm, about 30 minutes.
- ☐ Beat egg whites with sugar, cream of tartar, and 1/8 tsp salt in a large metal bowl set over a large saucepan of simmering water using a handheld mixer at medium-high speed until whites hold soft peaks and an instant-read thermometer registers 170°F, about 7 minutes.

- ☐ Remove bowl from pan and continue to beat meringue until it just holds stiff peaks, about 2 minutes.
- ☐ Beat cream with Amaretto in another bowl at medium speed using cleaned beaters until it just holds stiff peaks. Fold in half of meringue gently but thoroughly. Fold in remaining meringue along with chocolate. Spoon over crust, smoothing top with offset spatula.
- ☐ Sprinkle with almonds. Freeze, uncovered, until firm, about 3 hours.
- ☐ Bring cream, corn syrup, brown sugar, espresso powder, cocoa, 1/8 tsp salt, and half of chopped chocolate to a boil in a small heavy saucepan over medium heat, stirring until chocolate is melted. Reduce heat and cook at a slow boil, stirring occasionally, 5 minutes.
- ☐ Remove from heat. Stir in vanilla and remaining chocolate until smooth. Cool to warm.
- ☐ Dip bottom of loaf pan in 1 inch warm water in a roasting pan 10 seconds, then lift tortoni out of pan using parchment paper.
- ☐ Transfer to a platter. Peel paper from tortoni.
- ☐ Let stand 5 minutes to soften slightly.
- ☐ Cut into 6 triangular wedges. Thin sauce with additional cream if necessary and serve with tortoni.
- ☐ ·Tortoni can be frozen up to 3 days (wrap in plastic wrap after 3 hours).·Sauce can be made 1 week ahead and chilled, covered. Reheat before using.

Nutrition Facts



Properties

Glycemic Index:16.52, Glycemic Load:7.46, Inflammation Score:-4, Nutrition Score:6.3426086711495%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 334.37kcal (16.72%), Fat: 19.03g (29.27%), Saturated Fat: 10.57g (66.06%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 34.24g (12.45%), Sugar: 31.01g (34.46%), Cholesterol: 30.98mg (10.33%), Sodium: 43.53mg (1.89%), Alcohol: 1.41g (100%), Alcohol %: 1.96% (100%), Caffeine: 71.69mg (23.9%), Protein: 4.6g (9.2%), Manganese: 0.41mg (20.39%), Copper: 0.32mg (16.19%), Magnesium: 56.95mg (14.24%), Fiber: 2.42g (9.68%), Vitamin B2: 0.16mg (9.37%), Phosphorus: 91.11mg (9.11%), Vitamin E: 1.36mg (9.1%), Iron: 1.58mg (8.78%), Selenium: 5.98µg (8.54%), Potassium: 298.83mg (8.54%), Vitamin A: 377.6IU (7.55%), Zinc: 0.77mg (5.16%), Calcium: 43.21mg (4.32%), Vitamin B3: 0.83mg (4.14%), Vitamin D: 0.32µg (2.11%), Vitamin K: 2.18µg (2.07%), Vitamin B1: 0.03mg (1.66%), Vitamin B5: 0.15mg (1.54%), Vitamin B12: 0.08µg (1.29%), Vitamin B6: 0.02mg (1.08%)