



Strawberry Brownie Mousse Torte

READY IN



270 min.

SERVINGS



16

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 3.8 oz)
- ☐ 2 eggs
- ☐ 1.5 envelopes gelatin powder unflavored
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 16 oz strawberries whole frozen thawed
- ☐ 0.5 cup vegetable oil
- ☐ 2 tablespoons water
- ☐ 1.5 cups whipping cream

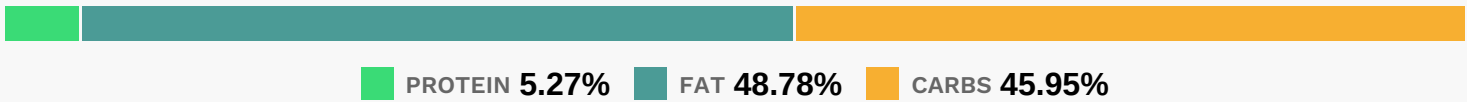
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 10-inch springform pan with shortening. In large bowl, beat all base ingredients 50 strokes with spoon.
- ☐ Spread in pan.
- ☐ Bake 35 to 40 minutes. Cool completely, about 1 1/2 hours.
- ☐ Meanwhile, in medium saucepan, place 2 tablespoons water; sprinkle gelatin over water.
- ☐ Let stand 1 minute to soften. In food processor bowl with metal blade or blender, place strawberries. Cover; process until smooth.
- ☐ Add to softened gelatin; mix well. Cook over medium heat until gelatin is completely dissolved. Cover; refrigerate until mixture is slightly thickened, about 1 1/2 hours.
- ☐ In large bowl, beat whipping cream and powdered sugar until stiff peaks form. Fold in strawberry mixture. Spoon over cooled brownie base. Refrigerate until set, about 2 hours. Just before serving, garnish torte with chocolate curls, strawberries, and mint leaves. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:4.6217391827832%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 305.01kcal (15.25%), Fat: 16.72g (25.72%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 34.27g (12.46%), Sugar: 24.25g (26.94%), Cholesterol: 46.12mg (15.37%), Sodium: 109.39mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.36mg (2.12%), Protein: 4.06g (8.12%), Vitamin C: 16.8mg (20.37%), Manganese: 0.21mg (10.5%), Iron: 1.61mg (8.93%), Vitamin A: 364.79IU (7.3%), Copper: 0.13mg (6.35%), Phosphorus: 50.11mg (5.01%), Selenium: 3.37µg (4.82%), Magnesium: 19.08mg (4.77%), Vitamin B2: 0.08mg (4.66%), Fiber: 1.16g (4.63%), Vitamin K: 4.39µg (4.18%), Vitamin E: 0.5mg (3.34%), Potassium: 114.26mg (3.26%), Vitamin D: 0.47µg (3.11%), Calcium: 27.38mg (2.74%), Folate: 10.48µg (2.62%), Zinc: 0.36mg (2.41%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.03mg (1.65%), Vitamin B12: 0.1µg (1.63%), Vitamin B1: 0.02mg (1.07%)