



Triple-Chocolate Torte

READY IN



305 min.

SERVINGS



16

CALORIES



359 kcal

DESSERT

Ingredients

- 1 box brownie mix betty crocker® (1 lb 2.3 oz)
- 1 box chocolate pudding white (4-serving size)
- 1.3 cups milk
- 0.3 cup semisweet chocolate chips miniature
- 16 servings vegetable oil for on brownie mix box
- 8 oz non-dairy whipped topping frozen thawed ()

Equipment

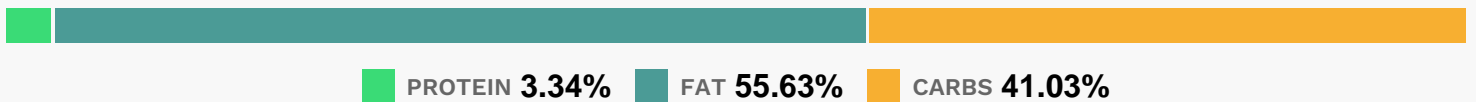
- bowl

- frying pan
- oven
- whisk
- toothpicks
- springform pan

Directions

- Heat oven to 325°F. Spray bottom only of 9-inch springform pan with cooking spray. Make brownie mix as directed on box, using water, oil and eggs.
- Spread in pan.
- Bake 38 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely. (Do not remove side of pan.)
- In large bowl, beat milk and pudding mix with wire whisk about 2 minutes or until thickened. Fold in whipped topping and chocolate chips.
- Pour over brownie.
- Cover and freeze at least 4 hours before serving.
- Remove side of pan.
- Serve with raspberries. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:3.5117391619993%

Nutrients (% of daily need)

Calories: 358.74kcal (17.94%), Fat: 22.33g (34.35%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 36.44g (13.25%), Sugar: 25.95g (28.84%), Cholesterol: 2.87mg (0.96%), Sodium: 196.76mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.66mg (1.55%), Protein: 3.02g (6.04%), Vitamin K: 26.7µg (25.43%), Vitamin E: 1.26mg (8.39%), Iron: 1.3mg (7.23%), Phosphorus: 46.88mg (4.69%), Manganese: 0.09mg (4.4%), Copper: 0.08mg (4.22%), Calcium: 37.29mg (3.73%), Magnesium: 14.65mg (3.66%), Vitamin B2: 0.04mg (2.63%), Fiber: 0.61g (2.44%), Potassium: 85.02mg (2.43%), Vitamin B12: 0.14µg (2.34%),

Selenium: 1.27µg (1.81%), Zinc: 0.26mg (1.73%), Vitamin D: 0.21µg (1.4%), Vitamin B1: 0.02mg (1.05%)