



## Triple-Chocolate Torte

READY IN



305 min.

SERVINGS



16

CALORIES



365 kcal

DESSERT

### Ingredients

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

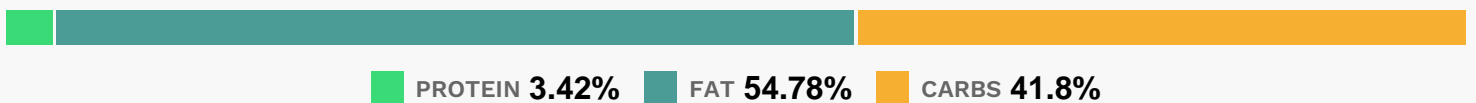
### Equipment

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

## Directions

- Heat oven to 325F. 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:4.88, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:4.5699999591579%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 364.5kcal (18.22%), Fat: 22.38g (34.43%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 37.46g (13.62%), Sugar: 26.83g (29.81%), Cholesterol: 2.87mg (0.96%), Sodium: 196.94mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.66mg (1.55%), Protein: 3.14g (6.28%), Vitamin K: 27.1µg (25.81%), Vitamin C: 10.58mg (12.83%), Vitamin E: 1.31mg (8.74%), Manganese: 0.16mg (7.88%), Iron: 1.38mg (7.64%), Phosphorus: 51.2mg (5.12%), Copper: 0.09mg (4.65%), Magnesium: 16.99mg (4.25%), Calcium: 40.17mg (4.02%), Fiber: 0.97g (3.88%), Potassium: 112.56mg (3.22%), Vitamin B2: 0.05mg (2.87%), Vitamin B12: 0.14µg (2.34%), Selenium: 1.34µg (1.91%), Zinc: 0.29mg (1.9%), Vitamin D: 0.21µg (1.4%), Vitamin B1: 0.02mg (1.33%), Vitamin B6: 0.03mg (1.27%), Folate: 4.93µg (1.23%), Vitamin B5: 0.11mg (1.1%)