



Triple-Chocolate Torte

READY IN



305 min.

SERVINGS



16

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1.3 cups milk
- ☐ 1 box peach pie filling white (4-serving size)
- ☐ 8 oz non-dairy whipped topping frozen thawed ()
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 2 cups strawberries

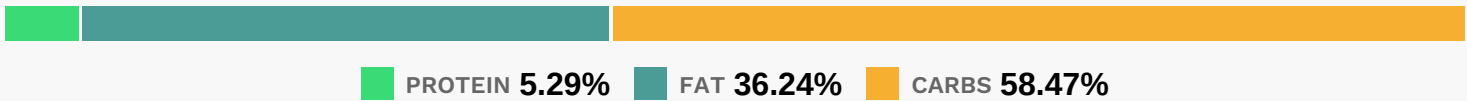
Equipment

- ☐ 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:4.88, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:2.996086952479%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

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Nutrients (% of daily need)

Calories: 225.85kcal (11.29%), Fat: 9.14g (14.06%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 32.42g (11.79%), Sugar: 22.77g (25.3%), Cholesterol: 2.87mg (0.96%), Sodium: 111.23mg (4.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.24mg (1.41%), Protein: 3g (6.01%), Vitamin C: 10.59mg (12.83%), Iron: 1.3mg (7.2%), Manganese: 0.14mg (6.78%), Phosphorus: 46.88mg (4.69%), Calcium: 39.45mg (3.94%), Copper: 0.07mg (3.59%), Magnesium: 14.3mg (3.57%), Fiber: 0.75g (3.02%), Potassium: 98.43mg (2.81%), Vitamin K: 2.87µg (2.73%), Vitamin B2: 0.05mg (2.67%), Vitamin B12: 0.14µg (2.34%), Selenium: 1.19µg (1.7%), Zinc: 0.25mg (1.65%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.21µg (1.4%), Vitamin B1: 0.02mg (1.29%), Vitamin B6: 0.02mg (1.23%), Folate: 4.75µg (1.19%), Vitamin B5: 0.11mg (1.08%)