

Raspberry Chocolate Torte

Serving Size: 1 slice

Serves: 10

Ingredients:

1 cup firmly packed brown sugar
½ cup unsweetened cocoa powder
2 tablespoons cornstarch
¾ cup milk, 1% low fat
4 ounces dark chocolate -- chopped and melted
1 large egg
1 large egg yolk
1 teaspoon vanilla extract
2 large egg whites
⅛ teaspoon cream of tartar
11 ounces frozen raspberries
½ cup raspberry nectar
2 teaspoons fresh lime juice

Directions:

Preheat the oven to 350 degrees. Spray an 8 inch round cake pan with non-stick cooking spray. Line the bottom of the pan with waxed paper.

In a medium bowl, combine the brown sugar, cocoa powder and cornstarch. With an electric mixer, gradually beat in the milk and melted chocolate. Beat in the whole egg, egg yolk and vanilla and beat until smooth. In a separate bowl, with clean beaters, beat the egg whites and cream of tartar until stiff peaks form.

Stir ¼ of the egg whites into the batter to lighten, and then gently fold in the remaining egg whites.

Scrape the batter into the prepared pan, smoothing the top.

Bake for 50 minutes or until a toothpick inserted in the top comes out almost clean.

Transfer to a wire rack to cool completely.

Meanwhile, combine the raspberries, raspberry nectar and lime juice and process until smooth. Refrigerate until serving time.

At serving time, drizzle the sauce onto individual plates and top with a slice of cake.

Drizzle some more sauce over the top of the cake slice.

Exchanges per serving:

½ Starch; ½ Lean Meat; ½ Fruit; 1 Fat; 2 Other Carbohydrates

Nutrients per serving:

Calories: 216

Calories from fat: 20.2%

Total Fat: 5g

Cholesterol: 44mg

Sodium: 40mg

Total Carbohydrate: 43g

Dietary Fiber: 3g

Protein: 4g