

## Chocolate Decadence Torte

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Sodium Per Serving – 9mg

Serves 16

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### **Crust:**

**2 cups ground dry roasted unsalted pecans\***  
**1/2 tsp ground cinnamon**  
**1/4 cup unsalted margarine or butter, melted**

### **Filling:**

**1/2 cup unsalted margarine or butter, at room temperature**  
**1/3–1/2 cup sugar or sugar substitute\***  
**2 eggs or 1/2 cup egg substitute\***  
**1 tsp vanilla extract**  
**1 (12-oz) package chocolate morsels, melted\***  
**2 tbsp frozen lowfat whipped topping, thawed**

1. *For the crust:* Mix together pecans, cinnamon, and margarine; press into bottom of springform pan. (The crust goes together quickly using a food processor. Place whole nuts and cinnamon in processor and pulse until nuts are finely ground; slowly add margarine. Proceed as directed.)
2. *For the filling:* Combine margarine and sweetener; beat until light and fluffy. Mix in eggs, one at a time, add vanilla; beat 2 minutes. Mix in melted chocolate; fold in whipped topping. Pour into crust and refrigerate until firm, about 4 to 6 hours.

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NUTRITIONAL INFO PER SERVING: Calories 370, Fat 34g (Saturated Fat 7g), Cholesterol 27mg, Carbohydrates 18g (Fiber 4g, Sugar 12g), Sodium 9mg

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### **\*Recipe Notes**

1. Almonds, walnuts, or a combination of nuts may be substituted. Whole nuts can easily be ground in a food processor.
2. If using a sugar substitute, the amount needed differs depending on the sweetener used. Check the label for equivalent amount.
3. To keep fat to a minimum, use an egg substitute. Although some brands have no fat, they all have significant amounts of sodium (100mg or more compared to 70mg for a large egg).
4. To keep the sugar low, I use sugar-free chocolate morsels, however, regular chocolate chips may be substituted.