

COMMENTS:

1 Almonds, walnuts, or a combination of nuts may be substituted. Whole nuts can easily be ground in a food processor.

2 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), increase the sodium per serving to 76mg.

To keep fat and sodium to a minimum, use a combination of trans-free and unsalted.

3 Because sugar substitutes differ from sugar in sweetness, the amount needed depends on the sweetener used:

Splenda or sugar - 1/2 cup

Fructose - 1/3 cup

For additional information, see Sweeteners, page 37.

4 See Eggs and Egg Substitutes, page 38, for a comparison of fat and sodium in eggs and egg substitutes.

5 To keep the sugar low, I use sugar-free morsels, however, regular chocolate chips may be substituted.

CHOCOLATE DECADENCE TORTE

Sodium Per Serving – 9mg

Serves 16

Chocolate lovers beware, this torte may be addicting! This no-bake dessert is another of my most-requested recipes. Although it contains a lot of fat (mostly from the pecans), it is so rich that a little goes a long ways. Allow 4 hours for the torte to set up.

Crust:

2 cups ground dry roasted unsalted pecans¹

1/2 teaspoon ground cinnamon

1/4 cup unsalted margarine or butter, melted²

Filling:

1/2 cup unsalted margarine or butter, at room temperature²

1/3–1/2 cup sugar substitute or sugar³

2 eggs, or 1/2 cup egg substitute⁴

1 teaspoon vanilla extract

1 (12-ounce) package chocolate morsels, melted⁵

2 tablespoons frozen lowfat whipped topping, thawed

▶ *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.)

▶ *For the filling:* Combine margarine and sweetener; beat until light and fluffy. Mix in eggs, one at a time, and vanilla; beat 2 minutes. Mix in melted chocolate; fold in whipped topping. Pour into crust and refrigerate until firm, about 4 to 6 hours.

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

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

2 c pecans - 5mg

2 eggs - 140mg

or 1/2 c egg substitute - 200mg

Fat (Sat Fat):

3/4 c NSA margarine - 96mg (18mg)

or NSA butter - 144mg (96mg)

2 c pecans - 337mg (29mg)

2 eggs - 10mg (3mg)

or 1/2 c egg substitute - 0mg

10 oz choc chips - 80mg (50mg)

2 T LF topping - 1mg (1mg)

COOKING TIP

MELTING CHOCOLATE

There are two ways to melt chocolate:

Microwave – Place in a microwave-safe container and microwave for 2 to 4 minutes at 50% power. Once chocolate appears shiny, remove and stir until completely melted.

Stove-top – Place chocolate in the top of double boiler over hot, near-boiling water; stir until chocolate has melted.