

Boston Cream Torte

*This original recipe is Jell-O's version of the pie
(The calories in an authentic Boston Cream Pie are about 602 per slice!)*

Original Recipe

Reduced Calorie Recipe

<i>Ingredient</i>	<i>Calories</i>	<i>Ingredient</i>	<i>Calories</i>
<i>Cake & Filling</i>			
1 Yellow Cake Mix, baked	3,120	1 Entenmann's Fat Free Pound Cake	960
4 oz. Jell-O Vanilla Inst. Puddg.	400	1 oz. box Sugar-free Jell-O Van. Pudg.	100
1 ¾ C Milk	263	1 ¼ C Skim Milk	100
Sub Total	3,783	Sub Total	1,160
<i>Frosting</i>			
1 Square Baker's unswtnd. choc.	140	¼ C BCrocker Whipped Choc. Frosting	200
1 T Butter	100	None	-0-
¾ C Conf. Sugar	372	None	-0-
1 ½ T Hot Milk	28	None	-0-
Sub Total	640	Sub Total	200
Total Calories	4,423	Total Calories	1,360
Suggested Servings/Recipe	8	Suggested Servings/Loaf	8
Calories per slice	553	Calories per slice	170

Calorie Reduction 69%

Directions Make vanilla pudding and chill for at least ½ hour. Line a small loaf pan lengthwise and width wise with long pieces of saran wrap. Put pound cake on its side and slice it lengthwise in half, and then in lengthwise halves again to make 4 even long pieces. Lay one layer into the pan. Stir pudding and spread 1/3 over the cake. Repeat twice more. Gently frost the top cake layer. Chill for at least an hour before serving. Store any leftovers in the fridge.

Calorie Buster If you substitute the frosting with a thin layer of sugar-free chocolate pudding and the pound cake with a sugar-free angel food cake, you'll shave about 630 calories more off the total reduced count, bringing the calories per slice down to a mere 91.