

Almond Cake



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 4 drops almond extract
- ☐ 1.8 cups blanched almonds and whole
- ☐ 6 large eggs separated
- ☐ 1 lemon zest grated
- ☐ 1 orange zest grated
- ☐ 1.3 cups caster sugar

Equipment

- ☐ food processor

- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Finely grind the almonds in a food processor.
- ☐ With an electric mixer, beat the egg yolks with the sugar to a smooth pale cream. Beat in the zests and almond extract.
- ☐ Add the ground almonds and mix very well.
- ☐ With clean beaters, beat the egg whites in a large bowl until stiff peaks form. Fold them into the egg and almond mixture (the mixture is thick, so that you will need to turn it over quite a bit into the egg whites).
- ☐ Grease an 11-inch springform pan, preferably nonstick, with butter and dust it with flour.
- ☐ Pour in the cake batter, and bake into a preheated 350°F for 40 minutes, or until it feels firm to the touch.
- ☐ Let cool before turning out.
- ☐ Just before serving, dust the top of the cake with confectioners' sugar. Or, if you like, cut a St. James cross out of paper.
- ☐ Place it in the middle of the cake, and dust the cake with confectioners' sugar, then remove the paper.
- ☐ Variations
- ☐ Add 1 teaspoon cinnamon to the egg yolk and almond mixture. • Majorca has a similar almond cake called gató d'Ametla, which is flavored with the grated zest of 1 lemon, 1 teaspoon cinnamon, and sometimes a few drops of vanilla extract. • In Navarre, the cake is covered with apricot jam.
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Nutrition Facts



 PROTEIN **12.03%**  FAT **46.01%**  CARBS **41.96%**

Properties

Glycemic Index:7.01, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:9.0482609414536%

Nutrients (% of daily need)

Calories: 269.77kcal (13.49%), Fat: 14.43g (22.19%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 27.24g (9.91%), Sugar: 26.1g (29%), Cholesterol: 111.6mg (37.2%), Sodium: 47.08mg (2.05%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 8.49g (16.98%), Vitamin E: 5.51mg (36.77%), Manganese: 0.41mg (20.54%), Vitamin B2: 0.3mg (17.59%), Phosphorus: 164.95mg (16.49%), Magnesium: 62.58mg (15.65%), Selenium: 10.08µg (14.39%), Copper: 0.25mg (12.48%), Fiber: 2.36g (9.43%), Calcium: 71.42mg (7.14%), Iron: 1.27mg (7.05%), Zinc: 1.04mg (6.96%), Folate: 25.26µg (6.31%), Potassium: 189.62mg (5.42%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.27µg (4.45%), Vitamin B3: 0.8mg (4.01%), Vitamin D: 0.6µg (4%), Vitamin B6: 0.08mg (3.97%), Vitamin B1: 0.06mg (3.71%), Vitamin A: 168.87IU (3.38%), Vitamin C: 2.41mg (2.92%)