



## Almond-Lemon Torte

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 kcal

DESSERT

### Ingredients

- ☐ 8 large egg whites
- ☐ 1 large egg yolk lightly beaten
- ☐ 3 large egg yolks lightly beaten
- ☐ 1 cup coarsely ground almonds
- ☐ 0.5 cup juice of lemon fresh ( 2 lemons)
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 1 cup matzo cake meal
- ☐ 1 tablespoon matzo cake meal

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

## Equipment

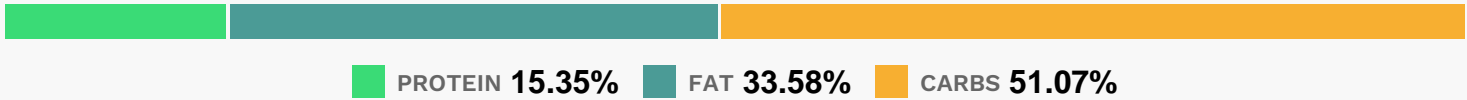
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ skewers
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ To prepare the cake, coat a 9-inch springform cake pan with cooking spray; dust with 1 tablespoon matzo cake meal.
- ☐ Lightly spoon 1 cup matzo cake meal into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup matzo cake meal, almonds, 1 1/2 teaspoons lemon rind, and salt in a large bowl; stir with a fork until blended. Stir in 3 egg yolks.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of the egg white mixture into matzo mixture; gently fold in remaining egg white mixture.
- ☐ Spoon batter into prepared pan.
- ☐ Bake at 325 for 1 hour or until golden. Cool in pan on a wire rack 5 minutes. Pierce top of torte with a wooden skewer in several places.

- ☐ To prepare glaze, combine 1 1/2 teaspoons lemon rind, juice, 1/2 cup sugar, and 1 egg yolk in a small saucepan; stir well with a whisk. Bring to a boil over medium heat; cook 3 minutes or until thick, stirring constantly.
- ☐ Pour glaze over cake in pan; let stand 10 minutes.
- ☐ Remove from pan, and cool completely on a wire rack.
- ☐ Garnish with lemon slices and strawberries, if desired.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:4.3073913001496%

## Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 199.48kcal (9.97%), Fat: 7.66g (11.79%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 24.51g (8.91%), Sugar: 10.96g (12.18%), Cholesterol: 73.44mg (24.48%), Sodium: 76.4mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Selenium: 14.7µg (21%), Vitamin B2: 0.2mg (11.73%), Fiber: 1.71g (6.82%), Iron: 1.12mg (6.23%), Vitamin C: 5.11mg (6.19%), Manganese: 0.11mg (5.3%), Vitamin B1: 0.07mg (4.95%), Phosphorus: 44.84mg (4.48%), Folate: 16.01µg (4%), Calcium: 37.34mg (3.73%), Vitamin B5: 0.34mg (3.37%), Vitamin B3: 0.63mg (3.13%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.37µg (2.45%), Vitamin B6: 0.05mg (2.42%), Potassium: 80.5mg (2.3%), Vitamin A: 98.94IU (1.98%), Magnesium: 7.77mg (1.94%), Zinc: 0.27mg (1.83%), Vitamin E: 0.2mg (1.36%), Copper: 0.02mg (1.16%)