



Almond-Macaroon Torte with Chocolate Frosting and Orange Compote



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



537 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds toasted sliced
- ☐ 20 ounces bittersweet chocolate 61% chopped (do not exceed cacao)
- ☐ 2 large pinches kosher salt
- ☐ 6 large egg whites
- ☐ 1 strips orange zest with vegetable peeler
- ☐ 2 large cranberry-orange relish white
- ☐ 2.5 cups slivered almonds

- ☐ 1 cup sugar
- ☐ 2 vanilla pod split
- ☐ 1 cup water

Equipment

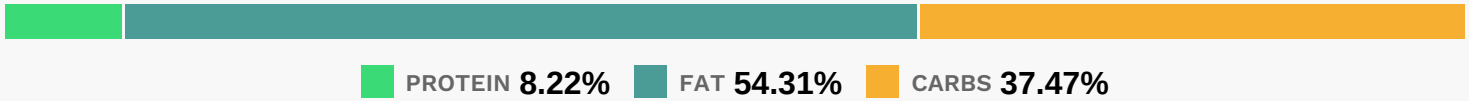
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Combine sugar, 1 cup water, and orange peel strips in medium saucepan. Stir over medium heat until sugar dissolves and syrup comes to boil. Reduce heat to medium-low and simmer 1 minute. DO AHEAD: Can be made 2 days ahead. Cover and chill syrup with peel strips.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 325°F. Draw two 12 x 4-inch rectangles, spacing 2 inches apart, on each of 2 sheets of parchment paper (4 rectangles total). Turn over each parchment sheet onto large rimmed baking sheet (rectangles will show through). Spray parchment with nonstick spray.
- ☐ Place slivered almonds, 1 cup sugar, and coarse salt in processor. Scrape in seeds from vanilla bean halves. Blend until nuts are finely ground. Using electric mixer, beat egg whites in large bowl until soft peaks form.
- ☐ Add remaining 3 tablespoons sugar, 1 tablespoon at a time, and beat until stiff but not dry. Fold nut mixture into egg whites.
- ☐ Spread 1/4 of macaroon batter evenly within each rectangle, filling completely.
- ☐ Bake macaroon layers until golden and almost firm to touch in center, reversing sheets after 20 minutes, 35 to 40 minutes total. Cool on sheets.
- ☐ Place 10 tablespoons orange syrup in large saucepan and bring to simmer over medium-low heat (reserve remaining syrup).
- ☐ Add chocolate to saucepan and stir until chocolate is melted and smooth.
- ☐ Remove from heat. Cool until frosting begins to thicken, stirring often, 20 to 30 minutes.
- ☐ Place 1 macaroon layer on long platter.

- ☐ Spread 1/2 cup frosting evenly over. Topwith another macaroon layer.
- ☐ Spread 1/2 cupfrosting evenly over. Repeat 1 more time.Top with last macaroon layer, flat side up.
- ☐ Spread remaining frosting over top andsides of torte. Press sliced almonds ontosides of torte.
DO AHEAD: Can be made 1 dayahead. Cover with foil tent; store at roomtemperature. Cover remaining syrup; chill.
- ☐ Thinly slice whole oranges crosswiseinto rounds.
- ☐ Cut slices into quarters andplace in remaining reserved syrup forcompote. Slice torte; place on plates. Spoonorange compote alongside.
- ☐ Per serving: 553.3 kcal calories,
- ☐ 6 % calories from fat, 33.6 g fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:13.13, Inflammation Score:-7, Nutrition Score:18.710869426313%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg Naringenin: 4.83mg, Naringenin: 4.83mg, Naringenin: 4.83mg, Naringenin: 4.83mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 537.44kcal (26.87%), Fat: 33.4g (51.38%), Saturated Fat: 11.56g (72.25%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 43.56g (15.84%), Sugar: 38.28g (42.53%), Cholesterol: 2.84mg (0.94%), Sodium: 98.17mg (4.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 40.63mg (13.54%), Protein: 11.38g (22.75%), Manganese: 1.33mg (66.28%), Vitamin E: 8.06mg (53.71%), Copper: 0.92mg (46.12%), Magnesium: 169.71mg (42.43%), Fiber: 8.3g (33.18%), Phosphorus: 274.74mg (27.47%), Vitamin B2: 0.46mg (26.76%), Iron: 4.16mg (23.1%),

Vitamin C: 16.43mg (19.91%), Potassium: 571.95mg (16.34%), Zinc: 2.22mg (14.82%), Selenium: 8.76µg (12.51%), Calcium: 124.8mg (12.48%), Vitamin B3: 1.59mg (7.96%), Vitamin B1: 0.1mg (6.96%), Folate: 23.16µg (5.79%), Vitamin B5: 0.39mg (3.92%), Vitamin B6: 0.08mg (3.84%), Vitamin K: 3.4µg (3.24%), Vitamin A: 93.28IU (1.87%), Vitamin B12: 0.1µg (1.66%)