



WHATSHATE



Almond-Pear Cream Cheese Torte

READY IN



305 min.

SERVINGS



12

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 0.3 cup planters almonds sliced
- ☐ 0.5 cup butter softened
- ☐ 8 oz philadelphia cream cheese softened
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 0.5 tsp ground cinnamon
- ☐ 1.3 lb pears fresh peeled sliced
- ☐ 1 cup sugar divided
- ☐ 0.5 tsp vanilla

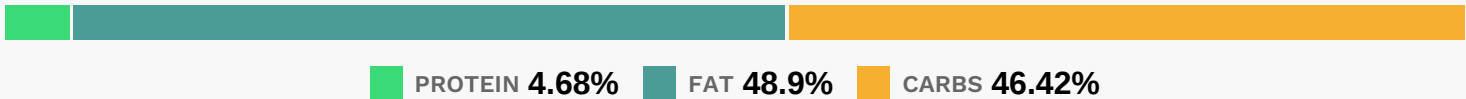
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ springform pan

Directions

- ☐ Heat oven to 425F.
- ☐ Beat butter and 1/3 cup sugar in small bowl with mixer until light and fluffy.
- ☐ Add flour; mix well. Press onto bottom and 1 inch up side of 9-inch springform pan.
- ☐ Beat cream cheese and 1/3 cup of the remaining sugar in same bowl with mixer until blended.
- ☐ Add egg and vanilla; mix well.
- ☐ Spread onto bottom of crust.
- ☐ Mix remaining sugar and cinnamon until blended.
- ☐ Add to pears in large bowl; toss to coat. Arrange over cream cheese layer; top with nuts.
- ☐ Bake 10 min.
- ☐ Reduce temperature to 375F; bake torte 25 min. or until center is set. Cool completely. Run knife around rim of pan to loosen torte.
- ☐ Remove rim. Refrigerate torte 3 hours.

Nutrition Facts



Properties

Glycemic Index:18.65, Glycemic Load:19.79, Inflammation Score:-5, Nutrition Score:4.7147825645364%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 280.28kcal (14.01%), Fat: 15.64g (24.07%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 31.37g (11.41%), Sugar: 22.1g (24.56%), Cholesterol: 32.73mg (10.91%), Sodium: 154.64mg (6.72%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.37g (6.73%), Vitamin A: 624.1IU (12.48%), Selenium: 6.51µg (9.3%), Vitamin B2: 0.15mg (8.98%), Fiber: 2.04g (8.17%), Manganese: 0.16mg (8.03%), Vitamin E: 1.05mg (7%), Folate: 26.74µg (6.68%), Vitamin B1: 0.1mg (6.54%), Phosphorus: 55.88mg (5.59%), Iron: 0.74mg (4.12%), Copper: 0.08mg (4.06%), Vitamin B3: 0.78mg (3.92%), Calcium: 35.47mg (3.55%), Magnesium: 13.28mg (3.32%), Potassium: 115.04mg (3.29%), Vitamin B5: 0.25mg (2.5%), Vitamin C: 2.05mg (2.49%), Vitamin K: 2.55µg (2.43%), Zinc: 0.33mg (2.17%), Vitamin B6: 0.04mg (1.94%), Vitamin B12: 0.08µg (1.39%)