



Almond Torte



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 4 large eggs separated
- ☐ 8 servings raspberry coulis
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup almonds whole (see Notes)

Equipment

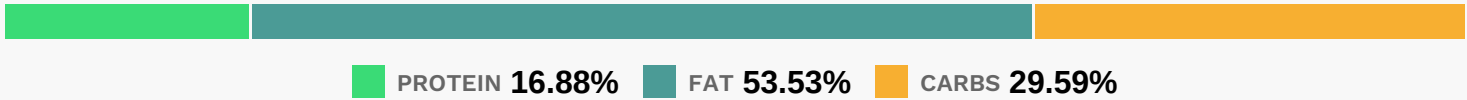
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the almonds and cook 2 minutes.
- ☐ Drain, rinse almonds with cold water, and slip off and discard skins. Pat dry with a kitchen towel and set aside.
- ☐ Preheat oven to 37
- ☐ With vegetable-oil spray, lightly coat inside of a 10-in. pan with removable rim or any other 2-qt. baking dish with sides at least 2 in. high.
- ☐ Sprinkle inside of dish with 1 tbsp. sugar, tilting and turning the dish to coat evenly. Discard any excess. Set dish aside.
- ☐ In a blender or food processor, whirl almonds until finely ground (be careful not to grind them into almond butter). Set aside. In a large bowl, whisk egg yolks with remaining 1/2 cup sugar for several minutes until pale yellow and thick. Gently stir in ground almonds and almond extract. Set aside.
- ☐ In a large clean bowl, beat together egg whites and salt until firm peaks form. Stir 1/3 of the whites into yolk-almond mixture to combine thoroughly, then gently fold in remaining whites.
- ☐ Pour batter into prepared dish and bake until set and golden brown on top, about 30 minutes.
- ☐ Let cool 15 minutes, slice, and serve with raspberry coulis.

Nutrition Facts



Properties

Glycemic Index:13.26, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:10.418260854224%

Flavonoids

Cyanidin: 27.79mg, Cyanidin: 27.79mg, Cyanidin: 27.79mg, Cyanidin: 27.79mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 151.79kcal (7.59%), Fat: 9.46g (14.56%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 6.2g (2.25%), Sugar: 4.89g (5.43%), Cholesterol: 93mg (31%), Sodium: 108.97mg (4.74%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 6.71g (13.42%), Manganese: 0.72mg (35.84%), Vitamin E: 4.22mg (28.11%), Fiber: 5.58g (22.3%), Vitamin C: 15.72mg (19.05%), Vitamin B2: 0.29mg (17.1%), Phosphorus: 131.41mg (13.14%), Magnesium: 52.46mg (13.11%), Selenium: 8.35µg (11.93%), Copper: 0.21mg (10.53%), Folate: 30.25µg (7.56%), Iron: 1.35mg (7.5%), Zinc: 0.99mg (6.62%), Calcium: 65.18mg (6.52%), Vitamin B5: 0.64mg (6.44%), Potassium: 224.15mg (6.4%), Vitamin B6: 0.09mg (4.7%), Vitamin K: 4.76µg (4.53%), Vitamin B3: 0.87mg (4.32%), Vitamin B1: 0.06mg (3.78%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%), Vitamin A: 154.93IU (3.1%)