



Almond Torte With Cream & Cherries

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



27

CALORIES



48 kcal

DESSERT

Ingredients

- 1 cardamom (with almonds) seeds removed and ground
- 2 pounds cherries fresh pitted
- 1 handful dates
- 2 egg whites
- 1 cup almond flour
- 1 tablespoon honey
- 1 dash rosewater
- 1 dash salt

0.5 cup water

Equipment

sauce pan

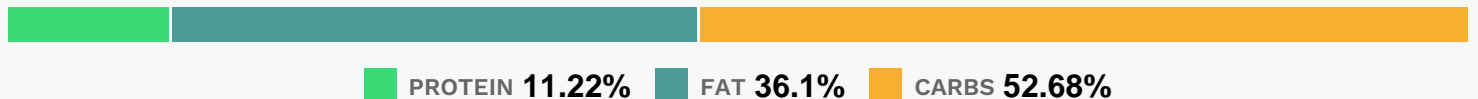
baking paper

oven

Directions

- For the torte: Whip the egg whites with the dash of salt until they form stiff peaks. Whip in the honey and gently fold into the ground almonds and cardamom seeds.
- Place mixture on well greased trays (or use baking paper). I like to divide the mixture into four on two trays.
- Spread the mixture out to about a 3/4 of an inch thick and in a circle.
- Bake at about 250 to 300 degrees F for around 15 minutes. Keep an eye on them and dont let them burn on the bottom. For the cherry filling: I advise soaking the dates in boiling water for about 5 minutes and put them through a tami or puree them so any skins are removed.
- Heat the cherries and water gently in a saucepan with the lid on until they are hot.
- Remove the lid and add the dates and reduce the juices down. Turn the heat off and cool slightly before adding the rose water. To put the torte together: Whip fresh cream and add honey. On one layer of torte add the cherries and then the cream. Put another layer of torte and repeat.

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:1.38, Inflammation Score:-1, Nutrition Score:1.0534782608696%

Flavonoids

Cyanidin: 10.15mg, Cyanidin: 10.15mg, Cyanidin: 10.15mg, Cyanidin: 10.15mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.68mg, Epicatechin:

1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Taste

Sweetness: 100%, Saltiness: 9.82%, Sourness: 48.37%, Bitterness: 31.54%, Savoriness: 13.28%, Fattiness: 27.13%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 48.46kcal (2.42%), Fat: 2.13g (3.28%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.82g (2.12%), Sugar: 5.12g (5.69%), Cholesterol: 0mg (0%), Sodium: 5.39mg (0.23%), Protein: 1.49g (2.98%), Fiber: 1.17g (4.68%), Vitamin C: 2.37mg (2.87%), Potassium: 79.69mg (2.28%), Manganese: 0.05mg (2.26%), Iron: 0.29mg (1.63%), Calcium: 13.71mg (1.37%), Vitamin B2: 0.02mg (1.25%), Copper: 0.02mg (1.1%), Magnesium: 4.19mg (1.05%)