



Apple and Walnut Torta

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

567 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups apples diced peeled 2 apples
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 8 tablespoons butter melted
- ☐ 0.3 cup cranberries dried
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 6 servings ice cream for serving

- ☐ 0.5 orange zest
- ☐ 0.3 cup liqueur orange-flavored recommended: Grand Marnier
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ cake form
- ☐ skewers
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small saucepan, heat the orange liqueur. Turn off the heat and add the cranberries, making sure all the cranberries are submerged in the liquid. Set aside.
- ☐ In a small bowl, mix together the cinnamon and the orange zest. Stir in the flour, baking powder, and salt. Set aside.
- ☐ In a large bowl, mix together the eggs, butter, sugar, and vanilla.
- ☐ Add the dry ingredients and stir to combine.
- ☐ Add the apples, walnuts, and drained cranberries. Spoon the mixture into a lightly greased 8 by 8 by 2-inch glass baking dish or 8-inch cake pan.
- ☐ Bake until a wooden skewer inserted in the center of the cake comes out clean, about 30 minutes.
- ☐ To serve, while still warm cut into squares or wedges and serve with ice cream.

Nutrition Facts



 **PROTEIN 7.11%**  **FAT 51.38%**  **CARBS 41.51%**

Properties

Glycemic Index:67.52, Glycemic Load:30.4, Inflammation Score:-6, Nutrition Score:12.665652161059%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 566.53kcal (28.33%), Fat: 31.95g (49.15%), Saturated Fat: 15.65g (97.83%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 54.85g (19.94%), Sugar: 36.77g (40.85%), Cholesterol: 178.29mg (59.43%), Sodium: 419.68mg (18.25%), Alcohol: 2.79g (100%), Alcohol %: 1.64% (100%), Protein: 9.95g (19.91%), Manganese: 0.58mg (28.93%), Selenium: 18.07µg (25.81%), Vitamin B2: 0.43mg (25.5%), Phosphorus: 216.05mg (21.6%), Vitamin A: 932.37IU (18.65%), Calcium: 185.07mg (18.51%), Folate: 66.9µg (16.72%), Vitamin B1: 0.25mg (16.4%), Fiber: 3.23g (12.92%), Copper: 0.24mg (12.16%), Iron: 2.06mg (11.42%), Vitamin B5: 1.04mg (10.43%), Vitamin B12: 0.55µg (9.17%), Magnesium: 36.47mg (9.12%), Zinc: 1.33mg (8.89%), Potassium: 296.58mg (8.47%), Vitamin B6: 0.17mg (8.25%), Vitamin E: 1.21mg (8.07%), Vitamin B3: 1.54mg (7.71%), Vitamin D: 0.72µg (4.79%), Vitamin C: 3.82mg (4.63%), Vitamin K: 3.32µg (3.16%)