



Apple Torte

 Vegetarian

READY IN



245 min.

SERVINGS



12

CALORIES



338 kcal

DESSERT

Ingredients

- 0.3 cup planters almonds sliced
- 1.3 cups apples peeled chopped
- 0.3 cup butter softened
- 16 oz philadelphia cream cheese softened
- 3 eggs divided
- 1.3 cups flour
- 2 Tbsp flour
- 0.3 cup grape jelly melted

- 0.8 cup sugar divided
- 0.5 tsp vanilla

Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- spatula
- springform pan

Directions

- Preheat oven to 425F. Beat butter and 1/4 cup of the sugar in small bowl with electric mixer on medium speed until light and fluffy.
- Add 1 of the eggs; beat until well blended.
- Add 1-1/4 cups flour; mix well.
- Spread onto bottom and 1-1/2 inches up side of 9-inch springform pan.
- Bake 5 to 7 min. or until lightly browned; set aside.
- Beat remaining 1/2 cup sugar, the cream cheese, flour and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add remaining 2 eggs, 1 at a time, mixing well after each addition. Spoon into crust. Top evenly with apples and almonds.
- Bake 10 min. Reduce oven temperature to 350F; continue baking an additional 30 min.
- Drizzle evenly with jelly. Run small knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate several hours or overnight. Store leftover torte in refrigerator.

Nutrition Facts



■ PROTEIN 6.67% ■ FAT 53.37% ■ CARBS 39.96%

Properties

Glycemic Index:32.84, Glycemic Load:21.18, Inflammation Score:-5, Nutrition Score:6.0043477597444%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 337.94kcal (16.9%), Fat: 20.33g (31.27%), Saturated Fat: 11.32g (70.75%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 33.21g (12.08%), Sugar: 20.02g (22.24%), Cholesterol: 92.65mg (30.88%), Sodium: 178.45mg (7.76%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 5.71g (11.43%), Selenium: 11.87µg (16.96%), Vitamin A: 731.67IU (14.63%), Vitamin B2: 0.24mg (14.4%), Folate: 37.15µg (9.29%), Phosphorus: 91.61mg (9.16%), Vitamin B1: 0.13mg (8.87%), Manganese: 0.16mg (7.88%), Vitamin E: 1.12mg (7.47%), Iron: 1.04mg (5.76%), Calcium: 54.45mg (5.44%), Vitamin B3: 0.97mg (4.87%), Vitamin B5: 0.47mg (4.72%), Fiber: 1.04g (4.17%), Magnesium: 14.21mg (3.55%), Copper: 0.07mg (3.45%), Zinc: 0.51mg (3.39%), Potassium: 117.62mg (3.36%), Vitamin B12: 0.19µg (3.2%), Vitamin B6: 0.06mg (2.81%), Vitamin C: 1.43mg (1.73%), Vitamin K: 1.6µg (1.52%), Vitamin D: 0.22µg (1.47%)