



## Apple Walnut Torte

READY IN



240 min.

SERVINGS



8

CALORIES



786 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon almond extract pure
- ☐ 3 tablespoons apple jelly
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.3 teaspoon nutmeg grated

- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 cups sugar divided
- ☐ 2 sticks butter unsalted divided softened well
- ☐ 1 teaspoon vanilla extract pure
- ☐ 8 servings accompaniment: calvados vanilla cream
- ☐ 5 ounces walnuts cooled toasted coarsely chopped
- ☐ 2 pounds greening cored peeled halved lengthwise

## Equipment

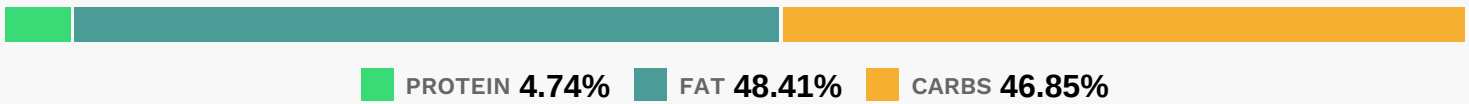
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

## Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Butter pan and fit a round of parchment paper in bottom. Butter parchment, then flour pan.
- ☐ Spread 1/2 stick butter thickly on bottom of a 12-inch heavy skillet and sprinkle 1/2 cup sugar evenly over butter. Arrange apples, cut sides down, over sugar and sprinkle with 1/4 teaspoon salt. Cook over medium heat, turning apples occasionally, until sugar is caramelized and apples are tender and golden brown, 15 to 20 minutes.
- ☐ Arrange apples, cut sides down, in concentric circles in bottom of cake pan, then pour over any caramel from skillet.
- ☐ Whisk together flour, baking powder, baking soda, allspice, cinnamon, nutmeg, and remaining 1/2 teaspoon salt.

- ☐ Pulse walnuts with remaining cup sugar in a food processor until finely ground.
- ☐ Beat remaining 1 1/2 sticks butter in a bowl with an electric mixer until creamy, about 3 minutes.
- ☐ Add walnut sugar and beat until just combined.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in extracts. At low speed, mix in flour mixture until just combined (batter will be thick).
- ☐ Dollop batter over apples and spread evenly.
- ☐ Bake until torte just begins to pull away from side of pan and a wooden pick inserted in center comes out clean, 45 to 50 minutes. Cool torte in pan on a rack 30 minutes. Put rack over torte, then invert torte onto rack.
- ☐ Melt apple jelly in a small heavy saucepan over low heat, stirring.
- ☐ Brush apples generously with jelly, then cool torte completely, 1 to 1 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:61.89, Glycemic Load:55.74, Inflammation Score:-7, Nutrition Score:14.599999883901%

## Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

## Nutrients (% of daily need)

Calories: 785.76kcal (39.29%), Fat: 43.5g (66.93%), Saturated Fat: 20.56g (128.5%), Carbohydrates: 94.72g (31.57%), Net Carbohydrates: 89.51g (32.55%), Sugar: 67.54g (75.04%), Cholesterol: 136.28mg (45.43%), Sodium: 444.53mg (19.33%), Alcohol: 0.22g (100%), Alcohol %: 0.09% (100%), Protein: 9.58g (19.16%), Manganese: 0.85mg (42.5%), Vitamin B2: 0.41mg (24.15%), Vitamin A: 1117.55IU (22.35%), Phosphorus: 218.24mg (21.82%), Fiber: 5.21g (20.83%), Selenium: 14.51µg (20.73%), Vitamin B1: 0.3mg (19.92%), Copper: 0.39mg (19.39%), Folate: 74.63µg

(18.66%), Calcium: 174.7mg (17.47%), Magnesium: 51.15mg (12.79%), Iron: 2.19mg (12.16%), Potassium: 390.28mg (11.15%), Vitamin B6: 0.21mg (10.4%), Zinc: 1.41mg (9.43%), Vitamin B3: 1.8mg (8.98%), Vitamin E: 1.34mg (8.93%), Vitamin B5: 0.88mg (8.81%), Vitamin C: 6.58mg (7.98%), Vitamin B12: 0.42µg (6.94%), Vitamin D: 0.81µg (5.37%), Vitamin K: 5.3µg (5.04%)