



Apricot Almond Linzertorte

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 8 ounces pacific apricots dried
- ☐ 0.3 cup brandy
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large egg yolks
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1.5 sticks butter unsalted cold cut into 1/2-inch pieces
- ☐ 1 teaspoons vanilla extract pure
- ☐ 1 cup water
- ☐ 2 cups almonds whole with skins (10 ounces), toasted and cooled completely

Equipment

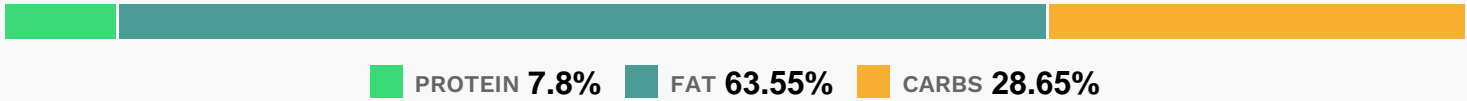
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ springform pan
- ☐ offset spatula

Directions

- ☐ Pulse toasted almonds and sugar in a food processor until nuts are finely ground. Sift together flour, salt, cinnamon, ginger, and cloves into a bowl, then add to ground nuts in processor and pulse to combine.
- ☐ Lightly beat yolks, extracts, and zest in a small bowl with a fork.
- ☐ Add to food processor along with butter, then pulse until dough forms a ball. Form one third of dough into a disk, then roll out between 2 sheets of plastic wrap into a 10-inch round.
- ☐ Transfer to a baking sheet and chill until firm, about 10 minutes.
- ☐ Roll out remaining dough between 2 sheets of plastic wrap into a 12-inch round, then transfer to another baking sheet and chill until firm, about 10 minutes.

- ☐ Simmer water, sugar, brandy, and apricots in a small saucepan, uncovered, stirring occasionally, until apricots are tender and liquid is syrupy, 15 to 20 minutes.
- ☐ Transfer mixture to cleaned food processor and pulse until almost smooth.
- ☐ Spread mixture onto a plate and chill 15 minutes.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Remove bottom of springform pan and invert, then lock on side.
- ☐ Remove larger dough round from refrigerator and peel off top layer of plastic wrap, then invert round into pan (pastry will break in spots). Press dough evenly onto bottom, then discard plastic. Fold in edge of dough and press 1/2 inch up side of pan (side will be thicker than bottom). Press gently to close any cracks.
- ☐ Bake pastry until lightly browned, about 20 minutes, then cool completely on a rack, about 30 minutes. (Dough will puff up as it bakes but will settle as it cools.)
- ☐ Spread filling into crust with an offset spatula or back of a spoon.
- ☐ Peel top layer of plastic wrap from smaller dough round, then cut round into 1/2-inch-wide strips. (Chill strips again if necessary.) Arrange half of strips over filling about 1 inch apart, pressing ends onto edge of torte. Arrange remaining strips across first strips to form a simple lattice. Press edges together with your fingertips.
- ☐ Bake until top is browned, 40 to 50 minutes. Cool completely, about 2 hours.
- ☐ Before serving, remove side of pan and dust edge of torte with confectioners sugar.
- ☐ Torte (without confectioners sugar) can be made up to 2 days ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:19.51, Inflammation Score:-8, Nutrition Score:16.19260855343%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epigallocatechin: 0.93mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin:

0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 518.88kcal (25.94%), Fat: 36.45g (56.07%), Saturated Fat: 12.68g (79.25%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 31.45g (11.44%), Sugar: 20.98g (23.31%), Cholesterol: 91.45mg (30.48%), Sodium: 152.63mg (6.64%), Alcohol: 3.53g (100%), Alcohol %: 2.81% (100%), Protein: 10.07g (20.14%), Vitamin E: 10.02mg (66.81%), Manganese: 1.03mg (51.35%), Vitamin B2: 0.51mg (30.08%), Magnesium: 103.52mg (25.88%), Vitamin A: 1137.89IU (22.76%), Fiber: 5.51g (22.04%), Phosphorus: 213.64mg (21.36%), Copper: 0.42mg (21.21%), Vitamin B1: 0.18mg (12.23%), Iron: 2.16mg (12.01%), Selenium: 8.24µg (11.77%), Folate: 46.67µg (11.67%), Calcium: 115.84mg (11.58%), Vitamin B3: 2.19mg (10.93%), Potassium: 362.75mg (10.36%), Zinc: 1.39mg (9.27%), Vitamin B5: 0.44mg (4.41%), Vitamin B6: 0.09mg (4.36%), Vitamin C: 3.49mg (4.23%), Vitamin D: 0.55µg (3.65%), Vitamin K: 2.61µg (2.49%), Vitamin B12: 0.12µg (1.98%)