



Cardamom Apple Almond Cake



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 5 large eggs separated for 30 minutes at room temperature
- ☐ 2 granny smith apples grated peeled
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon potato flour
- ☐ 0.5 teaspoon salt
- ☐ 4.5 oz slivered almonds cooled toasted
- ☐ 8 servings vegetable oil for greasing pan

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Oil springform pan and dust with matzo meal, knocking out excess.
- ☐ Pulse almonds in a food processor with 1/2 cup matzo meal, 1/4 teaspoon salt, and cardamom until finely ground. (Be careful not to pulse to a paste.)
- ☐ Beat yolks in a large bowl with an electric mixer at medium-high speed until smooth, then add 3/4 cup sugar, 1 tablespoon at a time, beating, and beat until mixture is very thick and pale, 2 to 3 minutes. Stir in nut mixture, then apples. Beat whites and remaining 1/4 teaspoon salt in another bowl with cleaned beaters at medium speed until they hold soft peaks.
- ☐ Add remaining 1/4 cup sugar, a little at a time, beating, and beat until whites just hold stiff peaks. Stir one fourth of whites into yolk mixture to lighten, then fold in remaining whites gently but thoroughly. Scrape batter into pan and rap pan once on work surface to eliminate any large air bubbles.
- ☐ Bake cake until puffed, browned, and top springs back when touched, 40 to 45 minutes.
- ☐ Transfer to a rack and cool completely in pan (cake will sink slightly in center). Run a knife around edge of cake to loosen, then remove side of pan.
- ☐ Grind sugar in coffee/spice grinder until powdered, then stir together with potato starch in a bowl. Sift some of sugar over cake before serving and reserve remainder for another use.
- ☐ Cake can be made 1 day ahead, cooled completely, then kept, covered with foil, at room temperature.

Nutrition Facts

 **PROTEIN 9.07%**  **FAT 68.51%**  **CARBS 22.42%**

Properties

Glycemic Index:14.64, Glycemic Load:7.63, Inflammation Score:-4, Nutrition Score:10.091739094776%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 317.36kcal (15.87%), Fat: 25.04g (38.53%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 15.31g (5.57%), Sugar: 13.86g (15.4%), Cholesterol: 116.25mg (38.75%), Sodium: 190.51mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin E: 5.64mg (37.59%), Vitamin K: 26.84µg (25.56%), Manganese: 0.43mg (21.26%), Vitamin B2: 0.34mg (19.9%), Selenium: 10.3µg (14.71%), Phosphorus: 144.02mg (14.4%), Fiber: 3.13g (12.51%), Magnesium: 49.45mg (12.36%), Copper: 0.2mg (10.02%), Iron: 1.22mg (6.78%), Calcium: 63.86mg (6.39%), Zinc: 0.93mg (6.2%), Potassium: 211.55mg (6.04%), Vitamin B5: 0.58mg (5.82%), Folate: 23.1µg (5.78%), Vitamin B6: 0.09mg (4.74%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.63µg (4.17%), Vitamin A: 193.48IU (3.87%), Vitamin B1: 0.05mg (3.56%), Vitamin B3: 0.65mg (3.24%), Vitamin C: 2.12mg (2.57%)