

# Chocolate Almond Torte

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



382 kcal

DESSERT

## Ingredients

- 0.5 teaspoon almond extract
- 1.5 cups blanched slivered almonds
- 5 large eggs separated
- 0.5 teaspoon lemon zest grated
- 12 servings powdered sugar
- 0.3 teaspoon salt
- 8 ounces bittersweet chocolate unsweetened chopped (not )
- 1 cup sugar

0.5 cup butter unsalted cooled melted (1 stick)

## Equipment

bowl

frying pan

oven

hand mixer

springform pan

## Directions

Preheat oven to 350°F. Butter 10-inch-diameter springform pan with 2 3/4-inch-high sides.

Combine almonds and 1/3 cup sugar in processor. Blend until almonds are very finely ground.

Transfer almond mixture to medium bowl; do not clean processor.

Add chocolate and 1/3 cup sugar to processor. Blend until chocolate is finely ground but not beginning to clump, about 45 seconds; stir into almond mixture. Using electric mixer, beat egg yolks and remaining 1/3 cup sugar in large bowl until mixture falls in heavy ribbon when beaters are lifted, about 5 minutes. Beat in almond extract and lemon peel. Fold in chocolate-almond mixture, then butter.

Using clean dry beaters, beat egg whites and salt in another large bowl until stiff but not dry. Fold whites into chocolate batter in three additions.

Transfer batter to prepared pan.

Bake cake until tester inserted into center comes out with moist crumbs attached, about 40 minutes. Cool cake completely in pan on rack. (Can be made 1 day ahead. Cover; store at room temperature.)

Cut around pan sides to loosen; release sides. Sift powdered sugar over cake.

## Nutrition Facts



**PROTEIN 6.89%** **FAT 55.17%** **CARBS 37.94%**

## Properties

Glycemic Index:5.84, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:8.9365218877792%

## Nutrients (% of daily need)

Calories: 382.49kcal (19.12%), Fat: 24.04g (36.98%), Saturated Fat: 10.21g (63.8%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 34.34g (12.49%), Sugar: 32.13g (35.7%), Cholesterol: 98.97mg (32.99%), Sodium: 83.87mg (3.65%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 16.25mg (5.42%), Protein: 6.75g (13.5%), Manganese: 0.51mg (25.29%), Vitamin E: 3.76mg (25.04%), Copper: 0.39mg (19.65%), Magnesium: 72.17mg (18.04%), Phosphorus: 157.61mg (15.76%), Selenium: 8.66µg (12.37%), Vitamin B2: 0.21mg (12.27%), Fiber: 2.86g (11.43%), Iron: 2.02mg (11.21%), Zinc: 1.18mg (7.88%), Vitamin A: 359.3IU (7.19%), Potassium: 228.03mg (6.52%), Calcium: 57.92mg (5.79%), Vitamin B5: 0.43mg (4.29%), Folate: 16.7µg (4.18%), Vitamin B12: 0.24µg (3.93%), Vitamin D: 0.56µg (3.72%), Vitamin B3: 0.65mg (3.26%), Vitamin B6: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.71%), Vitamin K: 2.09µg (1.99%)