



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)

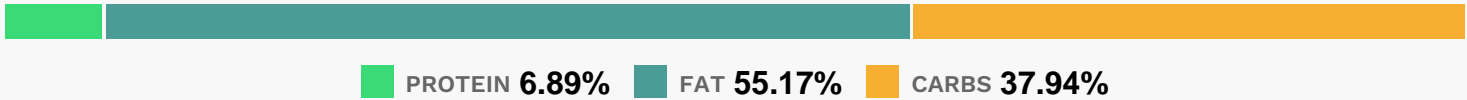
Equipment

- ☐ 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



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%)