



Chocolate-Almond Torte



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 1.5 cups almonds sliced
- ☐ 0.5 cup buckwheat flour
- ☐ 6 tablespoons butter
- ☐ 4 large eggs separated
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces bittersweet chocolate cooled melted
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cake form

Directions

- ☐ Preheat oven to 35
- ☐ Butter and flour a 9-inch cake pan. In a food processor, pulse almonds until finely ground.
- ☐ In a large bowl, with a mixer on medium-high speed, beat butter and 1/2 cup sugar until light and fluffy.
- ☐ Add egg yolks, one at a time, beating well after each addition.
- ☐ Add chocolate, vanilla, and almonds. Beat thoroughly. Gently mix in buckwheat flour.
- ☐ In a medium bowl, whisk egg whites until foamy.
- ☐ Add salt and whisk until soft, glossy peaks form.
- ☐ Whisk in remaining 1/4 cup sugar. Gently fold one quarter of the beaten egg whites into the batter, then fold in remaining whites.
- ☐ Pour batter into pan.
- ☐ Bake until a knife inserted in center comes out clean, about 30 minutes.
- ☐ Let cool in pan on a rack for 10 minutes, then invert out onto a plate and cool completely.

Nutrition Facts



PROTEIN 8.23% **FAT 56.55%** **CARBS 35.22%**

Properties

Glycemic Index:13.01, Glycemic Load:10.6, Inflammation Score:-5, Nutrition Score:10.266086816788%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 347.37kcal (17.37%), Fat: 22.35g (34.39%), Saturated Fat: 9.26g (57.85%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 27.64g (10.05%), Sugar: 22.15g (24.61%), Cholesterol: 93.48mg (31.16%), Sodium: 143.27mg (6.23%), Alcohol: 0.28g (100%), Alcohol %: 0.43% (100%), Caffeine: 14.63mg (4.88%), Protein: 7.32g (14.63%), Manganese: 0.67mg (33.53%), Vitamin E: 4.06mg (27.05%), Magnesium: 84.92mg (21.23%), Copper: 0.4mg (20.07%), Phosphorus: 172.49mg (17.25%), Vitamin B2: 0.27mg (16.17%), Fiber: 3.69g (14.74%), Selenium: 8.65µg (12.36%), Iron: 2.19mg (12.17%), Zinc: 1.34mg (8.91%), Potassium: 263.33mg (7.52%), Vitamin A: 326.56IU (6.53%), Calcium: 63.62mg (6.36%), Vitamin B3: 1.03mg (5.17%), Folate: 18.96µg (4.74%), Vitamin B6: 0.09mg (4.7%), Vitamin B5: 0.46mg (4.58%), Vitamin B1: 0.07mg (4.48%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.4µg (2.67%), Vitamin K: 2.29µg (2.18%)