



Chocolate-Amaretti Tortes

READY IN



45 min.

SERVINGS



4

CALORIES



831 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.8 cup almonds toasted sliced
- ☐ 2 amaretti cookies crumbled
- ☐ 18 inch diameter amaretti cookies italian (macaroons)
- ☐ 0.3 teaspoon cinnamon
- ☐ 3 large eggs
- ☐ 1.5 teaspoons powdered sugar
- ☐ 1 pinch salt
- ☐ 4 ounces bittersweet chocolate chopped

- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.8 cup whipping cream chilled

Equipment

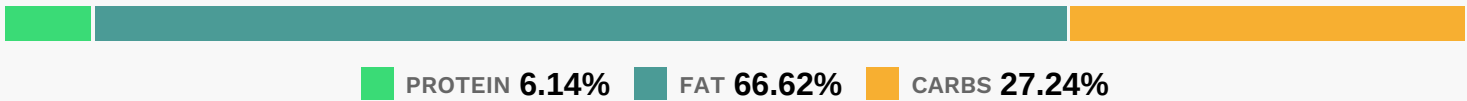
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ double boiler
- ☐ ziploc bags

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Butter four 3/4-cup custard cups or soufflé dishes. Dust with flour; tap out excess. Line bottom of cups with parchment paper rounds.
- ☐ Place on rimmed baking sheet.
- ☐ Stir chocolate in top of double boiler set over simmering water until melted and smooth. Using on/off turns, blend almonds, amaretti, cinnamon, and salt in processor until finely ground.
- ☐ Transfer to medium bowl.
- ☐ Add butter, sugar, and eggs to processor; mix until blended and smooth, occasionally scraping down sides of bowl, about 3 minutes.
- ☐ Add cookie mixture and melted chocolate. Using on/off turns, process just until blended. Divide batter among custard cups.
- ☐ Bake until tops of tortes are dry and puffed and tester inserted into centers comes out with moist crumbs attached, about 30 minutes.
- ☐ Transfer cups to rack; cool 15 minutes. Run small knife around edges of cups to release tortes. Turn tortes out onto rack and turn right side up; cool. (Can be made 3 days ahead. Wrap in plastic and store at room temperature.)

- ☐
- Beat together cream, sugar, and almond extract in medium bowl until cream holds peaks.(Can be made 4 hours ahead; refrigerate.)
- ☐
- Place 1 torte on each of 4 plates. Top with dollop of whipped cream, sprinkle with crumbled amaretti, and serve.
- ☐
- Amaretti cookies are available in two sizes. The larger ones (used in this recipe) are bundled in pairs in colorful wrappers, while slightly smaller ones are packaged and unwrapped in sealed plastic bags. If using the smaller cookies, measure by weight (2.6 ounces total), not count.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:17.61, Inflammation Score:-8, Nutrition Score:16.398261011943%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 831.19kcal (41.56%), Fat: 62.96g (96.86%), Saturated Fat: 33g (206.27%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 52.94g (19.25%), Sugar: 48.41g (53.79%), Cholesterol: 252.63mg (84.21%), Sodium: 119.74mg (5.21%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.38mg (8.13%), Protein: 13.07g (26.13%), Vitamin E: 6.05mg (40.33%), Manganese: 0.81mg (40.3%), Vitamin A: 1582.29IU (31.65%), Copper: 0.57mg (28.53%), Vitamin B2: 0.48mg (28.29%), Phosphorus: 263.73mg (26.37%), Magnesium: 104.8mg (26.2%), Selenium: 16.38µg (23.4%), Fiber: 4.97g (19.88%), Iron: 3.33mg (18.53%), Zinc: 1.91mg (12.74%), Vitamin D: 1.89µg (12.6%), Calcium: 122.81mg (12.28%), Potassium: 389.93mg (11.14%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.5µg (8.41%), Folate: 27.86µg (6.96%), Vitamin B6: 0.11mg (5.69%), Vitamin K: 5.61µg (5.34%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.07mg (4.66%)