



## Chocolate Angel Torte

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 0.3 cup cake flour sifted
- ☐ 5 teaspoons cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 egg whites
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

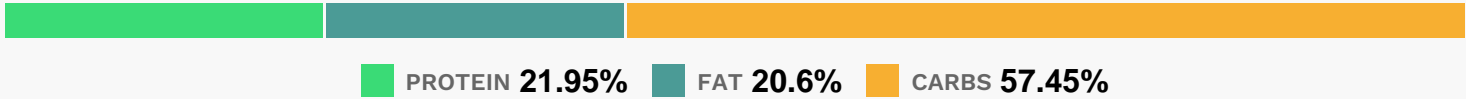
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Sift flour, cocoa, and 1/4 cup of the white sugar together.
- ☐ Beat egg whites with cream of tartar and salt until soft peaks form, gradually add 1/2 cup sugar beating until stiff and shiny, add vanilla. Sift dry mixture over beaten egg whites gradually and gently fold in. Spoon batter into one 9x5 inch ungreased loaf pan.
- ☐ Bake at 375 degrees F (190 degrees C) for 25 minutes or until done. Invert pan and cool completely.
- ☐ Remove cake and cut it into 3 layers.
- ☐ Spread almond filling between the layers and dust top with sifted confectioners' sugar. Makes about 10 servings.
- ☐ Combine the remaining 1/4 cup white sugar, cornstarch and salt in a saucepan.
- ☐ Mix the beaten eggs and milk together and stir them into the sugar mixture. Cook over medium heat, stirring constantly until thick and bubbling. Cook for an additional 2 minutes.
- ☐ Remove from heat and add the almond liqueur and stir well. Cover the surface of the fill in with plastic wrap and chill completely before using.

## Nutrition Facts



## Properties

Glycemic Index:29.18, Glycemic Load:9.8, Inflammation Score:-2, Nutrition Score:5.3126086663941%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 148.14kcal (7.41%), Fat: 3.25g (5%), Saturated Fat: 1.44g (9%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 19.27g (7.01%), Sugar: 12.3g (13.67%), Cholesterol: 59.44mg (19.81%), Sodium: 184.46mg (8.02%), Alcohol: 1.53g (100%), Alcohol %: 1.75% (100%), Caffeine: 7.05mg (2.35%), Protein: 7.78g (15.57%), Selenium: 14.5µg (20.72%), Vitamin B2: 0.27mg (15.76%), Phosphorus: 100.27mg (10.03%), Manganese: 0.16mg (8.22%), Calcium: 64.89mg (6.49%), Copper: 0.13mg (6.49%), Vitamin B12: 0.38µg (6.29%), Potassium: 219.06mg (6.26%), Magnesium: 24.44mg (6.11%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.47mg (4.71%), Fiber: 1.11g (4.43%), Zinc: 0.6mg (4%), Iron: 0.72mg (3.98%), Vitamin A: 145.22IU (2.9%), Vitamin B6: 0.06mg (2.85%), Folate: 11.19µg (2.8%), Vitamin B1: 0.04mg (2.51%), Vitamin E: 0.2mg (1.36%), Vitamin B3: 0.22mg (1.1%)