



Chocolate Citrus Almond Torte

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate coarsely chopped
- ☐ 1.3 cups blanched almonds and whole toasted
- ☐ 14 tablespoons butter melted
- ☐ 6 large eggs separated
- ☐ 2 teaspoons lemon zest fresh grated
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon orange zest fresh grated
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened for dusting plus more cake

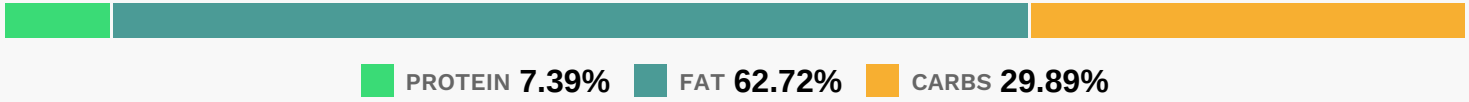
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 10-in. springform pan with cooking spray.
- ☐ In a food processor, pulse almonds and bittersweet chocolate until finely ground.
- ☐ Add cocoa and pulse to combine.
- ☐ In a medium bowl, whisk together egg yolks, sugar, orange juice, orange zest, and lemon zest until the mixture is thick and pale. Beat in the chocolate-almond mixture and melted butter.
- ☐ In a clean bowl with clean beaters, beat egg whites and salt until stiff peaks form; do not overbeat.
- ☐ Gently fold whites into chocolate mixture, then pour into the prepared pan.
- ☐ Bake until cake pulls away from edges of pan and top is well browned, about 50 minutes.
- ☐ Let cool completely on a rack. To serve, run a knife around cake, release pan, and cut cake into wedges.
- ☐ Garnish with a light dusting of cocoa powder if you like.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:18.28, Inflammation Score:-7, Nutrition Score:17.201304414998%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 625.11kcal (31.26%), Fat: 45.4g (69.85%), Saturated Fat: 21.22g (132.64%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 42.33g (15.39%), Sugar: 37.83g (42.04%), Cholesterol: 193.88mg (64.63%), Sodium: 364.26mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.74mg (12.25%), Protein: 12.03g (24.06%), Manganese: 0.95mg (47.72%), Copper: 0.79mg (39.75%), Vitamin E: 5.78mg (38.55%), Magnesium: 136mg (34%), Phosphorus: 290.09mg (29.01%), Fiber: 6.35g (25.42%), Selenium: 15.71µg (22.44%), Iron: 3.9mg (21.64%), Vitamin B2: 0.36mg (20.93%), Vitamin A: 864.7IU (17.29%), Zinc: 2.22mg (14.78%), Potassium: 462.7mg (13.22%), Vitamin C: 9.41mg (11.41%), Calcium: 101.35mg (10.14%), Folate: 34.59µg (8.65%), Vitamin B5: 0.8mg (7.97%), Vitamin B12: 0.43µg (7.11%), Vitamin B3: 1.15mg (5.74%), Vitamin B6: 0.11mg (5.57%), Vitamin B1: 0.08mg (5.46%), Vitamin D: 0.75µg (5%), Vitamin K: 4.02µg (3.83%)