



Chocolate Hazelnut Torte



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 6 oz bittersweet chocolate unsweetened 60% (not ; not more than cacao)
- ☐ 0.5 cup butter unsalted for greasing pan
- ☐ 8 servings powdered sugar
- ☐ 4 large eggs separated for 30 minutes at room temperature
- ☐ 5 oz hazelnuts
- ☐ 2 tablespoons potato flour
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

☐ 1 teaspoon vanilla

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking paper

☐ oven

☐ knife

☐ whisk

☐ pot

☐ plastic wrap

☐ baking pan

☐ hand mixer

☐ kitchen towels

☐ springform pan

☐ skewers

Directions

☐ Put oven rack in middle position and preheat oven to 350°F.

☐ Generously butter bottom and side of springform pan, then line bottom with a round of parchment paper and butter parchment paper.

☐ Toast hazelnuts in a shallow baking pan in oven, shaking pan once or twice, until golden, about 12 minutes.

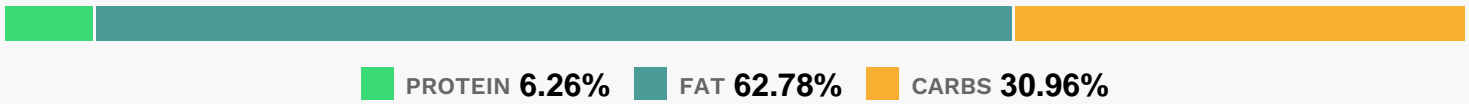
☐ Place nuts in a kitchen towel and rub off any loose skins while nuts are still warm, then cool nuts completely.

☐ Reduce oven temperature to 325°F.

☐ While nuts cool, melt butter and chocolate together in a heatproof bowl set over a pot of simmering water.

- ☐ Pulse hazelnuts in a food processor with potato starch, salt, and 1/4 cup sugar until finely ground. (Be careful not to grind to a paste.)
- ☐ Whisk together yolks and 2 tablespoons sugar in a large bowl.
- ☐ Whisk in chocolate mixture, then add nut mixture and vanilla and whisk until combined (mixture will be slightly grainy).
- ☐ Beat whites with a pinch of salt in another bowl with an electric mixer at medium speed until they hold soft peaks.
- ☐ Add remaining 2 tablespoons sugar a little at a time, beating, and beat until whites just hold stiff peaks. Fold one fourth of whites into chocolate mixture to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Pour batter into springform pan, then bake until a wooden pick or skewer inserted in center comes out with a few moist crumbs adhering, 35 to 40 minutes.
- ☐ Transfer to a rack and cool completely in pan, about 1 hour. Run a knife around edge of torte to loosen, then remove side of pan. Dust with Passover confectioners sugar.
- ☐ Torte can be made 1 day ahead and cooled completely, then kept in pan, covered with plastic wrap, at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:8.92, Inflammation Score:-5, Nutrition Score:12.629565052364%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 459.68kcal (22.98%), Fat: 32.85g (50.54%), Saturated Fat: 13.55g (84.7%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 32.91g (11.97%), Sugar: 29.11g (32.34%), Cholesterol: 124.78mg (41.59%), Sodium: 202.95mg (8.82%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 18.29mg (6.1%), Protein: 7.37g (14.74%), Manganese: 1.39mg (69.56%), Copper: 0.59mg (29.7%), Vitamin E: 3.38mg (22.53%), Magnesium:

70.95mg (17.74%), Phosphorus: 162.96mg (16.3%), Iron: 2.66mg (14.76%), Selenium: 10.17µg (14.53%), Fiber: 3.54g (14.15%), Vitamin A: 503.72IU (10.07%), Vitamin B2: 0.15mg (9.11%), Vitamin B1: 0.14mg (9.07%), Zinc: 1.35mg (8.98%), Potassium: 300.13mg (8.58%), Vitamin B6: 0.17mg (8.27%), Folate: 32.7µg (8.17%), Vitamin B5: 0.63mg (6.35%), Calcium: 52.39mg (5.24%), Vitamin K: 5.11µg (4.87%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.59mg (2.97%), Vitamin C: 1.19mg (1.45%)