



Chocolate-Hazelnut Torte

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 3 large egg whites
- ☐ 7 large egg whites
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 2 ounces hazelnuts
- ☐ 0.5 teaspoon orange rind grated

- ☐ 1 teaspoon powdered sugar
- ☐ 2 cups raspberries fresh
- ☐ 2.5 tablespoons stick margarine melted
- ☐ 3 tablespoons strong coffee decoction cold brewed
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ springform pan

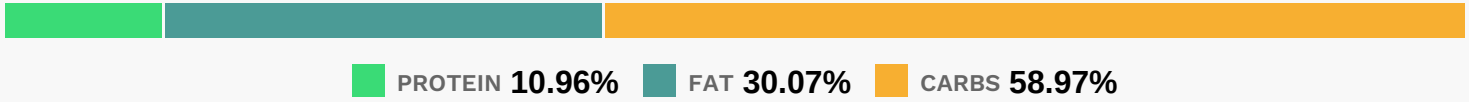
Directions

- ☐ Coat a 9-inch springform pan with cooking spray, and sprinkle with 2 teaspoons flour.
- ☐ Place the hazelnuts in a medium nonstick skillet. Cook over medium heat 6 minutes or until lightly toasted, stirring frequently. Turn nuts out onto a towel.
- ☐ Roll up towel; rub off skins. Cool.
- ☐ Place hazelnuts in a food processor; process until coarsely ground.
- ☐ Add 3 tablespoons flour; process until finely ground.
- ☐ Preheat oven to 35
- ☐ Combine 1 cup granulated sugar and next 6 ingredients (sugar through 3 egg whites) in a large bowl; stir well with a whisk.
- ☐ Add hazelnut mixture, and stir well. Beat 7 egg whites at high speed of a mixer until soft peaks form. Gradually add 3 tablespoons granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold one-third of egg white mixture into cocoa mixture; gently fold in remaining

egg white mixture. Spoon into prepared springform pan.

- ☐
- Bake the torte at 350 for 40 minutes or until set; cool torte on a wire rack.
- ☐
- Remove sides of pan. Arrange raspberries on top of torte, and sift powdered sugar over raspberries.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:22.92, Inflammation Score:-5, Nutrition Score:9.6004348500915%

Flavonoids

Cyanidin: 14.21mg, Cyanidin: 14.21mg, Cyanidin: 14.21mg, Cyanidin: 14.21mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.12mg, Catechin: 5.12mg, Catechin: 5.12mg, Catechin: 5.12mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 15.15mg, Epicatechin: 15.15mg, Epicatechin: 15.15mg, Epicatechin: 15.15mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 259.34kcal (12.97%), Fat: 9.4g (14.47%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 36.11g (13.13%), Sugar: 31.81g (35.34%), Cholesterol: 0mg (0%), Sodium: 114.38mg (4.97%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 18.7mg (6.23%), Protein: 7.72g (15.43%), Manganese: 0.94mg (47.22%), Copper: 0.44mg (21.87%), Fiber: 5.39g (21.57%), Selenium: 10.81µg (15.44%), Magnesium: 59.57mg (14.89%), Vitamin B2: 0.25mg (14.49%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.48mg (9.85%), Iron: 1.74mg (9.67%), Phosphorus: 92.91mg (9.29%), Potassium: 279.47mg (7.98%), Folate: 24.51µg (6.13%), Vitamin B1: 0.09mg (5.99%), Zinc: 0.83mg (5.52%), Vitamin B3: 0.72mg (3.58%), Vitamin A: 177.13IU (3.54%), Vitamin B6: 0.07mg (3.46%), Vitamin K: 3.54µg (3.37%), Calcium: 30.19mg (3.02%), Vitamin B5: 0.29mg (2.94%)