



Chocolate Linzertorte

READY IN



45 min.

SERVINGS



12

CALORIES



564 kcal

SIDE DISH

Ingredients

- 1.5 cups natural almonds whole toasted
- 0.8 cup butter softened
- 3 egg yolks
- 2 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 cup raspberry jam seedless
- 0.3 teaspoon salt
- 3 ounce bittersweet chocolate cooled melted
- 6 ounce semisweet chocolate morsels

- 0.5 cup sugar
- 0.5 cup whipping cream

Equipment

- frying pan
- oven
- wire rack
- hand mixer
- wax paper
- tart form

Directions

- Beat butter at medium speed of an electric mixer until soft and creamy; gradually add sugar, beating well.
- Add egg yolks, beating well.
- Combine flour, salt, and allspice; add to butter mixture alternately with melted chocolate, beginning and ending with flour mixture. Stir in almonds. Divide dough in half.
- Roll half of dough between 2 sheets of wax paper to an 11" circle. Freeze 15 minutes. Press remaining half of dough into an 11" tart pan coated with cooking spray.
- Bake at 375 for 5 minutes. Stir jam well and spread over crust.
- Sprinkle with chocolate morsels.
- Remove top sheet of wax paper from frozen circle of dough; cut into 1/2"-wide strips, using a fluted pastry wheel. Arrange strips in lattice design over torte, sealing ends of strips to prebaked crust.
- Bake at 375 for 20 to 25 minutes.
- Let cool completely in pan on a wire rack.
- Serve torte at room temperature with whipped cream.

Nutrition Facts



■ PROTEIN 5.91% ■ FAT 52.74% ■ CARBS 41.35%

Properties

Glycemic Index:22.92, Glycemic Load:28.06, Inflammation Score:-6, Nutrition Score:14.022608632627%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg 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: 563.66kcal (28.18%), Fat: 33.61g (51.71%), Saturated Fat: 15.41g (96.29%), Carbohydrates: 59.3g (19.77%), Net Carbohydrates: 54.45g (19.8%), Sugar: 31.02g (34.47%), Cholesterol: 91.58mg (30.53%), Sodium: 156.51mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 8.48g (16.95%), Manganese: 0.85mg (42.58%), Vitamin E: 5.28mg (35.23%), Copper: 0.51mg (25.69%), Magnesium: 92.83mg (23.21%), Vitamin B2: 0.39mg (22.8%), Phosphorus: 196.04mg (19.6%), Fiber: 4.85g (19.38%), Selenium: 13.16µg (18.8%), Iron: 3.26mg (18.14%), Vitamin B1: 0.22mg (14.82%), Folate: 56.56µg (14.14%), Vitamin A: 576.92IU (11.54%), Vitamin B3: 2.08mg (10.42%), Zinc: 1.43mg (9.51%), Potassium: 315.34mg (9.01%), Calcium: 87.03mg (8.7%), Vitamin B5: 0.42mg (4.2%), Vitamin B6: 0.07mg (3.33%), Vitamin C: 2.62mg (3.17%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.4µg (2.68%)