



## Christine's Apple Torte

READY IN



45 min.

SERVINGS



10

CALORIES



251 kcal

DESSERT

### Ingredients

- 1.5 pounds rome apple diced peeled
- 8 ounce block cream cheese fat-free
- 1 large eggs
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup stick margarine softened
- 0.3 cup sugar
- 0.5 cup sugar
- 0.3 teaspoon vanilla extract

- 0.5 teaspoon vanilla extract
- 0.5 cup walnuts coarsely chopped
- 4 teaspoons water

## Equipment

- bowl
- oven
- knife
- wire rack
- blender
- springform pan
- measuring cup

## Directions

- Preheat oven to 450
- To prepare the crust, beat the first 4 ingredients with a mixer at medium speed until well-blended. Lightly spoon flour into a dry measuring cup, and level with a knife.
- Add the flour to the sugar mixture, beating at medium-low speed until mixture is well-blended. Press the crust into the bottom and 3/4 inch up the sides of a 9-inch springform pan coated with cooking spray.
- To prepare the filling, beat 1/4 cup sugar, 1/2 teaspoon vanilla, the cream cheese, and egg at low speed until smooth.
- Pour cream cheese mixture into prepared crust.
- Combine apple, 1/2 cup sugar, and ground cinnamon in a bowl.
- Spread the apple mixture evenly over cream cheese mixture; sprinkle with nuts.
- Bake at 450 for 10 minutes. Reduce oven temperature to 400 (do not remove torte from oven); bake an additional 25 minutes or until lightly browned and filling is set. Cool on a wire rack.
- Garnish with cinnamon sticks, if desired.

## Nutrition Facts

PROTEIN 10.2% FAT 33.24% CARBS 56.56%

## Properties

Glycemic Index:27.22, Glycemic Load:19.94, Inflammation Score:-4, Nutrition Score:6.6791304894116%

## Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 251.49kcal (12.57%), Fat: 9.57g (14.72%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 34.2g (12.44%), Sugar: 23.53g (26.15%), Cholesterol: 21.32mg (7.11%), Sodium: 223.42mg (9.71%), Alcohol: 0.1g (100%), Alcohol %: 0.1% (100%), Protein: 6.61g (13.21%), Phosphorus: 171.18mg (17.12%), Manganese: 0.33mg (16.64%), Vitamin B2: 0.18mg (10.38%), Selenium: 7.26µg (10.38%), Folate: 41µg (10.25%), Calcium: 97.12mg (9.71%), Fiber: 2.42g (9.66%), Vitamin B1: 0.14mg (9.42%), Copper: 0.14mg (7.15%), Vitamin A: 288.8IU (5.78%), Iron: 0.98mg (5.44%), Magnesium: 21.28mg (5.32%), Potassium: 185.58mg (5.3%), Zinc: 0.7mg (4.69%), Vitamin B3: 0.93mg (4.63%), Vitamin B12: 0.27µg (4.43%), Vitamin B6: 0.09mg (4.27%), Vitamin B5: 0.4mg (4.02%), Vitamin C: 3.22mg (3.9%), Vitamin E: 0.41mg (2.76%), Vitamin K: 1.78µg (1.7%)