



Cranberry Linzer Torte

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 3 cups cranberries fresh frozen thawed (12-oz. package)
- ☐ 1 tablespoon orange peel grated
- ☐ 12 servings linzer crust
- ☐ 1 cup sugar

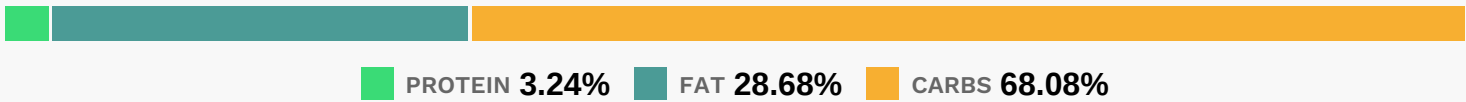
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Sort cranberries and discard any soft or decayed fruit. Rinse berries.
- ☐ In a 2- to 2 1/2-quart pan over high heat, stir cranberries, 1/4 cup water, sugar, and orange peel until boiling. Continue to stir often until mixture has the consistency of soft jam, about 4 minutes.
- ☐ Let cool about 15 minutes, stirring occasionally.
- ☐ Pour cranberry mixture into crust. Break reserved dough into almond-size lumps and scatter over filling.
- ☐ Bake on the lowest rack in a 350 oven until crust is richly browned at edges, about 1 hour.
- ☐ Serve cool.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:12.58, Inflammation Score:-1, Nutrition Score:2.4056521641171%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 173.26kcal (8.66%), Fat: 5.63g (8.66%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.57g (10.39%), Sugar: 17.7g (19.67%), Cholesterol: 0mg (0%), Sodium: 87.59mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Manganese: 0.18mg (9.23%), Fiber: 1.48g (5.94%), Vitamin C: 4.18mg (5.07%), Vitamin B1: 0.06mg (4.14%), Folate: 15.27µg (3.82%), Iron: 0.62mg (3.46%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.43mg (2.86%), Vitamin K: 2.8µg (2.67%), Vitamin B2: 0.04mg (2.63%), Selenium: 1.34µg

(1.92%), Phosphorus: 18.16mg (1.82%), Vitamin B5: 0.16mg (1.62%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.29%), Potassium: 42.01mg (1.2%), Magnesium: 4.8mg (1.2%)