



Cream-Filled Hazelnut Tea Cake

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup cake flour sifted
- ☐ 2 large eggs separated
- ☐ 0.3 cup hazelnuts divided finely chopped
- ☐ 0.5 cup milk low-fat
- ☐ 8 servings pastry cream
- ☐ 1 teaspoon powdered sugar
- ☐ 1 tablespoon stick margarine
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon vanilla extract

Equipment

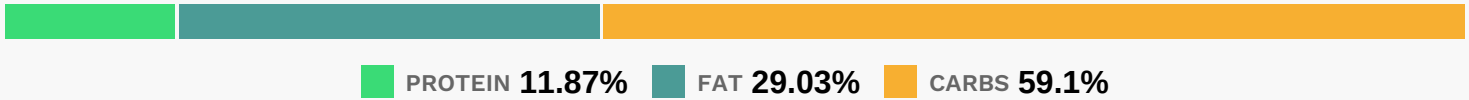
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ cake form
- ☐ wax paper
- ☐ bread knife

Directions

- ☐ Preheat oven to 350
- ☐ Coat an 8-inch round cake pan with cooking spray. Line bottom of pan with a round of wax paper; coat wax paper and sides of pan with cooking spray.
- ☐ Combine milk and butter in a small saucepan; place over medium heat 4 minutes until mixture almost comes to a simmer.
- ☐ Remove from heat, and set aside.
- ☐ Beat egg whites in a large bowl until soft mounds form. Gradually add sugar, beating until stiff peaks form. Beat in egg yolks.
- ☐ Combine flour and baking powder in a small bowl.
- ☐ Add half of flour mixture to egg mixture; beat briefly.
- ☐ Add hot milk mixture and vanilla to egg mixture; beat until thoroughly combined. Beat in remaining flour mixture and 3 tablespoons of hazelnuts. Batter will be thin.
- ☐ Pour into prepared pan, and sprinkle remaining 1 tablespoon hazelnuts over batter.
- ☐ Bake at 350 for 23 minutes until top springs back when lightly touched. Cool in pan on a wire rack 10 minutes. Run a knife around sides and unmold cake. Peel off wax paper, and place cake, right side up, on a rack.

- ☐ Let cool completely.
- ☐ Split cake in half horizontally, using a serrated bread knife.
- ☐ Spread chilled Pastry Cream over bottom portion.
- ☐ Add top cake layer, and chill 1 hour.
- ☐ Remove from refrigerator 20 minutes before serving. Sift 1 teaspoon powdered sugar over top.

Nutrition Facts



Properties

Glycemic Index:35.09, Glycemic Load:25.32, Inflammation Score:-4, Nutrition Score:10.851739223884%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 340.29kcal (17.01%), Fat: 11.04g (16.98%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 49.81g (18.11%), Sugar: 20.57g (22.85%), Cholesterol: 119.15mg (39.72%), Sodium: 212.86mg (9.25%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 10.15g (20.3%), Selenium: 18.98µg (27.11%), Phosphorus: 260.68mg (26.07%), Calcium: 258.31mg (25.83%), Vitamin B2: 0.41mg (23.83%), Manganese: 0.37mg (18.54%), Vitamin B12: 0.94µg (15.6%), Vitamin D: 2.1µg (14.03%), Vitamin B5: 1.34mg (13.35%), Potassium: 375.57mg (10.73%), Vitamin B1: 0.14mg (9.08%), Magnesium: 36.1mg (9.02%), Vitamin A: 420.21IU (8.4%), Zinc: 1.17mg (7.8%), Vitamin B6: 0.15mg (7.38%), Copper: 0.15mg (7.28%), Folate: 28.27µg (7.07%), Vitamin E: 0.9mg (6.01%), Iron: 1.08mg (5.98%), Fiber: 0.74g (2.96%), Vitamin B3: 0.44mg (2.19%)