



Flourless, Butterless, Orange Almond Torte



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



495 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon almond extract
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 2.5 cup blanched almonds and
- ☐ 6 large eggs
- ☐ 3 large naval oranges
- ☐ 8 servings powdered sugar for tipping
- ☐ 1 pinch salt
- ☐ 1.5 cup sugar

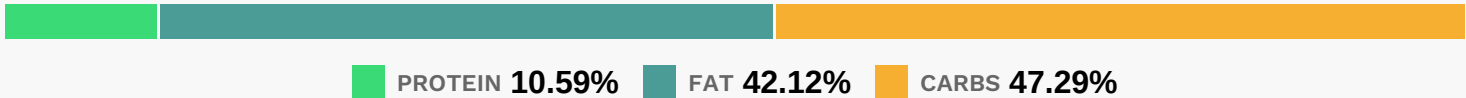
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ cake form

Directions

- ☐ PRE-HEAT OVEN TO 375
- ☐ GREASE AND FLOUR 10 INCH SPRING FORM CAKE PAN
- ☐ IN FOOD PROCESSOR GRIND TOGETHER ALMONDS AND SUGAR UNTIL THE ALMONDS ARE STILL A BIT CRUNCHY
- ☐ BOIL THE THREE ORANGES WHOLE FOR 30 MINUTES THEN LET COOL AND QUARTERREMOVE SKIN FROM FLESH AND PUREE COMPLETELY INCLUDING SKIN IN FOOD PROCESSOR
- ☐ BEAT THE EGGS UNTIL THEY ARE FLUFFY AND LIGHT IN COLOR
- ☐ ADD THE SALT, BAKING POWDER AND ALMOND EXTRACT TO THE ALMOND/SUGAR MIXTURE THEN FOLD THE PUREED ORANGE MIXTURE THEN FOLD THE EGGS INTO IT
- ☐ POUR ENTIRE MIXTURE INTO THE SPRING FORM PAN
- ☐ BAKE ONE HOUR1
- ☐ LET COOL THEN SPRINKLE WITH POWDERED SUGAR

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:29.13, Inflammation Score:-7, Nutrition Score:18.198261110031%

Flavonoids

Hesperetin: 18.8mg, Hesperetin: 18.8mg, Hesperetin: 18.8mg, Hesperetin: 18.8mg Naringenin: 10.57mg, Naringenin: 10.57mg, Naringenin: 10.57mg, Naringenin: 10.57mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg,

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 494.58kcal (24.73%), Fat: 24.29g (37.36%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 61.34g (20.45%), Net Carbohydrates: 55.82g (20.3%), Sugar: 53.74g (59.71%), Cholesterol: 139.5mg (46.5%), Sodium: 145.62mg (6.33%), Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Protein: 13.73g (27.47%), Vitamin E: 9.8mg (65.3%), Vitamin C: 36.71mg (44.49%), Manganese: 0.75mg (37.41%), Magnesium: 116.38mg (29.1%), Phosphorus: 288.28mg (28.83%), Vitamin B2: 0.49mg (28.59%), Copper: 0.46mg (23.15%), Fiber: 5.52g (22.1%), Selenium: 13.38µg (19.12%), Calcium: 185.4mg (18.54%), Folate: 57.47µg (14.37%), Potassium: 436.23mg (12.46%), Iron: 2.11mg (11.74%), Zinc: 1.7mg (11.32%), Vitamin B1: 0.15mg (9.98%), Vitamin B5: 0.87mg (8.7%), Vitamin B3: 1.59mg (7.97%), Vitamin B6: 0.15mg (7.51%), Vitamin A: 360.48IU (7.21%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%)