



Ghirardelli Coconut Almond Torte with Chocolate Chips

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



355 kcal

DESSERT

Ingredients

- 0.3 teaspoon cream of tartar
- 8 large egg whites
- 1 cup heavy whipping cream
- 0.5 teaspoon salt
- 8 ounces ghirardelli semi-sweet bars mini chopped
- 2 teaspoons sugar to taste
- 1.5 cups coconut or shredded unsweetened

- 1 teaspoon vanilla
- 1.3 cups almonds whole







Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Position a rack in the lower third of the oven. Preheat the oven to 350 degrees. Grease the bottom and sides of a 9-inch spring form pan.
- In a food processor, pulse the almonds, salt, and 1/4 cup of the sugar to the consistency of crumbs. Set aside.
- Beat egg whites, vanilla, and cream of tarter at high speed until they hold a soft shape. Gradually beat in the remaining 1/2 cup sugar until eggs whites are stiff but not dry.
- Transfer to a large bowl. Fold in the almond mixture. Set aside 1/4 cup of the chocolate chips to sprinkle on top of the torte. Fold the remaining chocolate chips and the coconut into the batter. Scrape the batter into the prepared pan and spread it evenly.
- Sprinkle with the reserved chocolate chips.
- Bake 25 to 30 minutes, or until the torte is puffed and golden, and the edges are starting to shrink from the sides of the pan. Cool on a rack.
- To serve, whip cream with vanilla and sugar.
- Remove the sides of the pan and transfer the cake to a serving platter.
- Serve torte slices with whipped cream and ripe berries, if desired.

Nutrition Facts

  
 **PROTEIN 8.82%**  **FAT 72.22%**  **CARBS 18.96%**

Properties

Glycemic Index:6.67, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:11.070869554644%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 354.96kcal (17.75%), Fat: 29.37g (45.19%), Saturated Fat: 15.94g (99.64%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 12.07g (4.39%), Sugar: 9.88g (10.98%), Cholesterol: 23.55mg (7.85%), Sodium: 145.18mg (6.31%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 16.25mg (5.42%), Protein: 8.08g (16.15%), Manganese: 0.91mg (45.68%), Vitamin E: 4.16mg (27.72%), Copper: 0.49mg (24.48%), Magnesium: 87.8mg (21.95%), Fiber: 5.27g (21.08%), Vitamin B2: 0.32mg (19.12%), Phosphorus: 159.56mg (15.96%), Selenium: 9.35µg (13.35%), Iron: 2.17mg (12.08%), Potassium: 345.01mg (9.86%), Zinc: 1.25mg (8.36%), Calcium: 69.55mg (6.95%), Vitamin A: 301.15IU (6.02%), Vitamin B3: 0.8mg (4.02%), Vitamin B6: 0.07mg (3.49%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.31mg (3.12%), Folate: 9.27µg (2.32%), Vitamin D: 0.32µg (2.12%), Vitamin K: 2.03µg (1.93%), Vitamin B12: 0.09µg (1.43%)