



Green Tea-Almond Cake with Green Tea Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 1 cup blanched almonds and whole
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 3 large egg yolks
- ☐ 6 tea bags green
- ☐ 7 tea bags green

- ☐ 1 tablespoon honey
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup sugar divided
- ☐ 0.5 cup very water hot
- ☐ 0.8 cup very water hot
- ☐ 1.5 cups water

Equipment

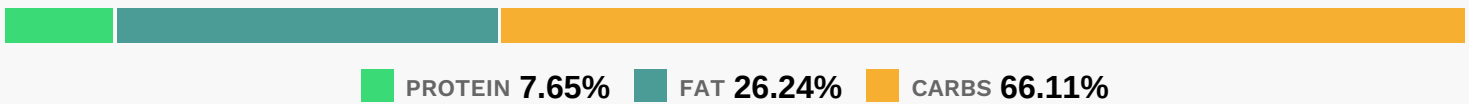
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ spatula
- ☐ springform pan

Directions

- ☐ To prepare sorbet, pour 3/4 cup hot water over 6 tea bags in a bowl; steep 5 minutes.
- ☐ Remove and discard tea bags; cool tea to room temperature.
- ☐ Combine 1 1/2 cups water, 1 cup sugar, and honey in a small saucepan; bring to a boil. Cook until sugar dissolves; remove from heat.
- ☐ Pour sugar mixture into a medium bowl, and stir in brewed tea. Cover and chill.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 3 hours or until firm.

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat the bottom of a 9-inch springform pan with cooking spray. Line bottom of pan with wax paper; coat wax paper with cooking spray.
- ☐ Pour 1/2 cup hot water over 7 tea bags in a bowl; steep 5 minutes.
- ☐ Remove and discard tea bags; cool tea to room temperature. Set aside.
- ☐ Combine the almonds, 2 tablespoons sugar, cornstarch, and salt in food processor; process until finely ground (about 1 minute).
- ☐ Place egg yolks in large bowl; beat with mixer at high speed for 2 minutes. Gradually add 14 tablespoons sugar, beating until thick and pale (about 2 minutes).
- ☐ Place egg whites in large bowl. Using clean, dry beaters, beat egg whites with mixer at high speed until foamy.
- ☐ Add cream of tartar; beat until stiff peaks form. Gently fold egg whites into egg yolk mixture. Gently fold almond mixture and brewed tea into egg white mixture. Spoon batter into prepared pan.
- ☐ Bake at 350 for 30 minutes or until cake is lightly browned and a wooden pick inserted in center comes out clean. Cool cake completely in pan on a wire rack.
- ☐ Remove sides from springform pan. Loosen bottom of cake from pan using a spatula. Carefully remove and discard wax paper.
- ☐ Serve cake with sorbet.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:28.83, Inflammation Score:-2, Nutrition Score:5.0430434751122%

Nutrients (% of daily need)

Calories: 265.62kcal (13.28%), Fat: 8.07g (12.42%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 44.5g (16.18%), Sugar: 42.37g (47.08%), Cholesterol: 55.08mg (18.36%), Sodium: 65.24mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Vitamin E: 3.1mg (20.67%), Manganese: 0.24mg (11.93%), Vitamin B2: 0.2mg (11.57%), Selenium: 6.86µg (9.8%), Magnesium: 36.31mg (9.08%), Phosphorus: 82.79mg (8.28%), Copper: 0.15mg (7.56%), Fiber: 1.26g (5.03%), Potassium: 141.52mg (4.04%), Calcium: 39.77mg (3.98%), Folate: 14.27µg (3.57%), Zinc: 0.51mg (3.4%), Iron: 0.6mg (3.36%), Vitamin B3: 0.46mg (2.29%), Vitamin B5:

0.22mg (2.25%), Vitamin B1: 0.03mg (2.23%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.28µg (1.84%), Vitamin B6:
0.03mg (1.68%), Vitamin A: 74.42IU (1.49%)