



Ground Pecan Torte

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.3 cup cake flour
- ☐ 3 large eggs
- ☐ 1 tablespoon lemon rind grated
- ☐ 3 cups pecan meal
- ☐ 0.5 cup raspberry preserves
- ☐ 1 cup sugar

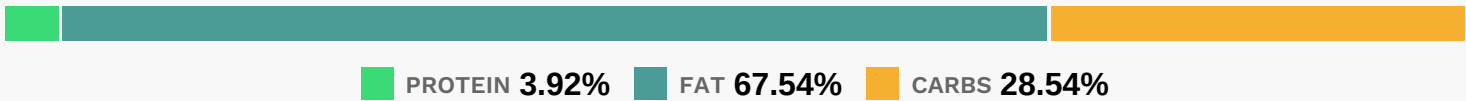
Equipment

- ☐ food processor
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition; add in pecan meal and lemon rind, and beat at low speed until blended.
- ☐ Add flour, and beat at low speed just until blended.
- ☐ Spread into 2 buttered and floured 9-inch round cakepans.
- ☐ Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 5 minutes; remove from pans, and cool for 30 minutes.
- ☐ Spread half of Cream Cheese Filling on top of 1 cake layer; top evenly with half of raspberry preserves. Top with remaining cake layer; repeat procedure with remaining Cream Cheese Filling and preserves.
- ☐ Note: Commercially ground pecans have a very fine texture and are often sold as pecan meal. We found this to be more economical than grinding whole or halved pecans. To make your own pecan meal, place 2 1/2 cups pecan halves in a food processor, and pulse about 45 seconds or until pecans are finely ground.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:18.66, Inflammation Score:-6, Nutrition Score:8.5334782496743%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 441.23kcal (22.06%), Fat: 34.36g (52.86%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 29.99g (10.91%), Sugar: 24.56g (27.29%), Cholesterol: 46.5mg (15.5%), Sodium: 200.93mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 1.15mg (57.55%), Copper: 0.33mg (16.41%), Vitamin A: 758.33IU (15.17%), Vitamin B1: 0.18mg (11.71%), Fiber: 2.67g (10.67%), Phosphorus: 103.78mg (10.38%), Selenium: 6.54µg (9.35%), Zinc: 1.32mg (8.82%), Magnesium: 33.52mg (8.38%), Vitamin E: 1.1mg (7.31%), Vitamin B2: 0.11mg (6.63%), Iron: 0.96mg (5.32%), Vitamin B5: 0.44mg (4.41%), Potassium: 142.18mg (4.06%), Vitamin B6: 0.08mg (4%), Folate: 14.28µg (3.57%), Calcium: 34.19mg (3.42%), Vitamin C: 2.2mg (2.67%), Vitamin B12: 0.13µg (2.17%), Vitamin B3: 0.35mg (1.73%), Vitamin D: 0.25µg (1.67%)