



Hazelnut Gâteau Breton

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



411 kcal

SIDE DISH

Ingredients

- 1 large egg yolk with 2 teaspoons water (for glaze) beaten
- 6 large egg yolk organic (preferably)
- 0.5 cup hazelnuts husked lightly toasted
- 1 cup butter salted melted (2 sticks)
- 12 servings strawberry jam whole with stems attached or warm strawberry jam
- 2 cups unbleached all purpose flour
- 1.3 cups tsp vanilla sugar divided

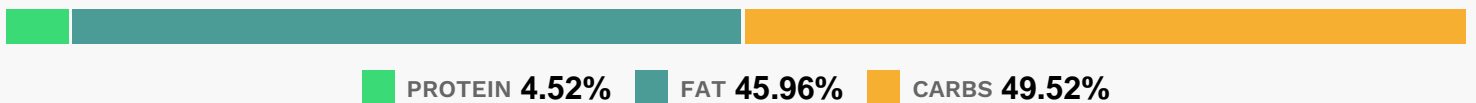
Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- aluminum foil
- springform pan
- offset spatula

Directions

- Position rack in center of oven and preheat to 325°F. Butter and flour 9-inch-diameter springform pan.
- Combine 2 tablespoons vanilla sugar and hazelnuts in processor; blend until nuts are finely ground but not pasty.
- Combine 6 egg yolks and remaining 1 cup plus 2 tablespoons vanilla sugar in large bowl; whisk until well blended and slightly thicker, about 2 minutes (do not use electric mixer).
- Whisk in hazelnut mixture. Gradually whisk in melted butter. Sift flour over batter; stir just until blended (batter will be thick; do not overmix or cake may be tough).
- Transfer batter to prepared pan; smooth top with offset spatula (layer will be thin).
- Brush top generously with egg glaze. Using back of tines of fork, deeply mark crisscross pattern atop cake, marking 3 times across in 1 direction and 3 times in opposite direction.
- Bake cake until deep golden on top and tester inserted into center comes out clean, about 1 hour. Cool in pan on rack 15 minutes, then remove pan sides and cool cake completely. DO AHEAD Can be made 1 day ahead. Wrap in foil and store at room temperature.
- Cut cake into wedges and serve with whole strawberries or with warm strawberry jam.

Nutrition Facts



Properties

Glycemic Index:15.84, Glycemic Load:22.06, Inflammation Score:-4, Nutrition Score:7.6013043030449%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 410.61kcal (20.53%), Fat: 21.29g (32.76%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 50.36g (18.31%), Sugar: 30.83g (34.26%), Cholesterol: 147.77mg (49.26%), Sodium: 133.42mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.43%), Manganese: 0.47mg (23.26%), Selenium: 13.45µg (19.21%), Folate: 61.02µg (15.26%), Vitamin B1: 0.22mg (14.49%), Vitamin A: 617.14IU (12.34%), Vitamin B2: 0.19mg (10.97%), Vitamin E: 1.52mg (10.11%), Iron: 1.58mg (8.8%), Phosphorus: 84.01mg (8.4%), Copper: 0.15mg (7.25%), Vitamin B3: 1.34mg (6.69%), Fiber: 1.27g (5.07%), Vitamin B5: 0.46mg (4.58%), Vitamin B6: 0.08mg (3.83%), Vitamin B12: 0.23µg (3.76%), Magnesium: 14.41mg (3.6%), Vitamin D: 0.54µg (3.57%), Zinc: 0.53mg (3.52%), Calcium: 30.37mg (3.04%), Vitamin C: 2.08mg (2.52%), Potassium: 87.46mg (2.5%), Vitamin K: 2.17µg (2.06%)