



WHATSheATE



HEALTH SCORE

54%

Hazelnut Panforte



Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup flour



2 tablespoons butter ()



0.5 cup candied orange peel coarsely chopped



0.5 cup cherries dried



0.3 cup figs dried stemmed coarsely chopped



0.3 teaspoon ground cardamom



1 teaspoon ground cinnamon



0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 pinch pepper white
- ☐ 1 cup hazelnuts husked toasted coarsely chopped
- ☐ 0.8 cup honey
- ☐ 0.8 cup medjool dates pitted coarsely chopped
- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened

Equipment

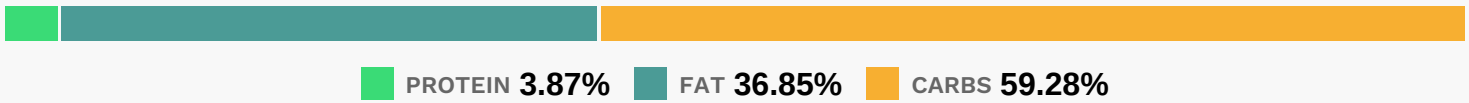
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ kitchen thermometer
- ☐ springform pan
- ☐ candy thermometer

Directions

- ☐ Position rack in center of oven; preheat to 300°F. Butter 9-inch-diameter springform pan. Line bottom and sides with parchment paper; butter paper.
- ☐ Mix first 16 ingredients in large bowl, tossing to separate fruit pieces. Bring honey, sugar, and butter to boil in small saucepan, stirring frequently. Reduce heat to medium-low.
- ☐ Place candy thermometer in mixture, tilting to submerge bulb, and cook until thermometer registers 242°F to 248°F, stirring occasionally, about 9 minutes.

- ☐
- Pour syrup over nut mixture; stir to blend. Immediately transfer mixture to prepared pan; smooth top.
- ☐
- Bake until bubbling slightly at edges and top appears dry, about 55 minutes. Cool completely in pan on rack. Cover; let stand overnight at room temperature.
- ☐
- Release pan sides.
- ☐
- Remove paper from sides and bottom of panforte.
- ☐
- Place panforte on cardboard round. (Can be made 3 weeks ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:435.36, Glycemic Load:258.29, Inflammation Score:-10, Nutrition Score:59.257391517577%

Flavonoids

Cyanidin: 39.83mg, Cyanidin: 39.83mg, Cyanidin: 39.83mg, Cyanidin: 39.83mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 19.03mg, Catechin: 19.03mg, Catechin: 19.03mg, Catechin: 19.03mg Epigallocatechin: 9.14mg, Epigallocatechin: 9.14mg, Epigallocatechin: 9.14mg, Epigallocatechin: 9.14mg Epicatechin: 24.46mg, Epicatechin: 24.46mg, Epicatechin: 24.46mg, Epicatechin: 24.46mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 3.55mg, Epigallocatechin 3-gallate: 3.55mg, Epigallocatechin 3-gallate: 3.55mg, Epigallocatechin 3-gallate: 3.55mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 3887.81kcal (194.39%), Fat: 170.35g (262.07%), Saturated Fat: 27g (168.76%), Carbohydrates: 616.72g (205.57%), Net Carbohydrates: 575.98g (209.45%), Sugar: 520.42g (578.24%), Cholesterol: 60.2mg (20.07%), Sodium: 1434.99mg (62.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23mg (7.67%), Protein: 40.23g (80.45%), Manganese: 14.24mg (712.18%), Copper: 4.35mg (217.59%), Fiber: 40.74g (162.96%), Vitamin B1: 2.04mg (136.11%), Vitamin E: 20.32mg (135.48%), Magnesium: 471.72mg (117.93%), Phosphorus: 881.47mg (88.15%), Iron: 15.62mg (86.76%), Potassium: 2714.47mg (77.56%), Folate: 304.97µg (76.24%), Vitamin B6: 1.37mg (68.53%), Zinc: 9.93mg (66.22%), Vitamin B2: 0.86mg (50.41%), Vitamin B3: 9.74mg (48.7%), Selenium: 33.31µg (47.58%), Calcium: 399.53mg (39.95%), Vitamin B5: 3.68mg (36.81%), Vitamin K: 31.67µg (30.16%), Vitamin C: 19mg (23.03%), Vitamin

A: 1101.44IU (22.03%)