



Hazelnut Panforte

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3886 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 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

PROTEIN 3.87% **FAT 36.86%** **CARBS 59.27%**

Properties

Glycemic Index:435.36, Glycemic Load:258.29, Inflammation Score:-10, Nutrition Score:59.050869280877%

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: 3885.87kcal (194.29%), Fat: 170.34g (262.06%), Saturated Fat: 27g (168.76%), Carbohydrates: 616.22g (205.41%), Net Carbohydrates: 575.69g (209.34%), Sugar: 520.42g (578.24%), Cholesterol: 60.2mg (20.07%), Sodium: 1434.93mg (62.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23mg (7.67%), Protein: 40.2g (80.39%), Manganese: 14.24mg (712.18%), Copper: 4.35mg (217.5%), Fiber: 40.53g (162.11%), Vitamin B1: 2.04mg (135.95%), Vitamin E: 20.32mg (135.45%), Magnesium: 471.28mg (117.82%), Phosphorus: 881.05mg (88.1%), Iron: 15.6mg (86.67%), Potassium: 2710.23mg (77.44%), Folate: 304.37µg (76.09%), Vitamin B6: 1.37mg (68.35%), Zinc: 9.93mg (66.18%), Vitamin B2: 0.86mg (50.3%), Vitamin B3: 9.72mg (48.61%), Selenium: 33.29µg (47.55%), Calcium: 396.31mg (39.63%), Vitamin B5: 3.67mg (36.71%), Vitamin K: 31.67µg (30.16%), Vitamin A: 1093.04IU (21.86%), Vitamin C: 16.28mg (19.73%)