



Hazelnut Torte

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



267 kcal

DESSERT

Ingredients

- 2 cups ground hazelnuts
- 1.5 cups sugar
- 4 teaspoons double-acting baking powder
- 4 tablespoons rice flour
- 8 eggs

Equipment

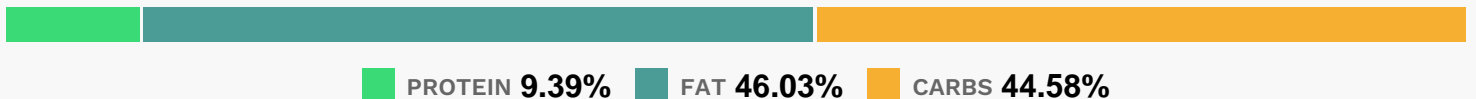
- food processor
- baking paper

- oven
- toothpicks
- cake form

Directions

- Line the bottom of 2 round 9" cake pans with parchment paper.
- Butter (or oil) and flour them, including the parchment paper on the bottoms.
- Preheat the oven to 350°F.
- Blend 1/2 of each- that's 1/2 of each- of the nuts, sugar, flour and baking powder in a food processor until the nuts are powdered and everything is well blended.
- Add 4 of the eggs and process well.
- Pour into one of the cake pans.
- Wash and dry the food processor parts.
- Repeat with the other half of the ingredients and the other cake pan.
- Bake for 30 to 35 minutes, until a toothpick comes out clean. DO NOT jiggle the pans during baking.
- Cool in the pans for 10 minutes and then remove them carefully to a rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:19.11, Inflammation Score:-1, Nutrition Score:4.1591304573028%

Nutrients (% of daily need)

Calories: 266.77kcal (13.34%), Fat: 14.12g (21.73%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 28.74g (10.45%), Sugar: 25.72g (28.58%), Cholesterol: 109.12mg (36.37%), Sodium: 183.24mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Selenium: 9.54µg (13.62%), Calcium: 121.41mg (12.14%), Iron: 1.62mg (9.01%), Phosphorus: 89.74mg (8.97%), Vitamin B2: 0.14mg (8.2%), Fiber: 2.04g (8.17%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.59µg (3.91%), Folate: 13.89µg (3.47%), Vitamin A: 158.4IU (3.17%), Vitamin B6: 0.06mg (3.04%), Zinc: 0.4mg (2.67%), Vitamin E: 0.31mg (2.07%), Manganese: 0.04mg (1.97%), Copper: 0.03mg (1.31%), Potassium: 43.15mg (1.23%), Magnesium: 4.76mg (1.19%),

Vitamin B1: 0.02mg (1.01%)