



Hazelnut Torte with Raspberry Jam

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 4 oz hazelnuts
- ☐ 0.3 cup raspberry jam plus additional seedless for serving
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted softened

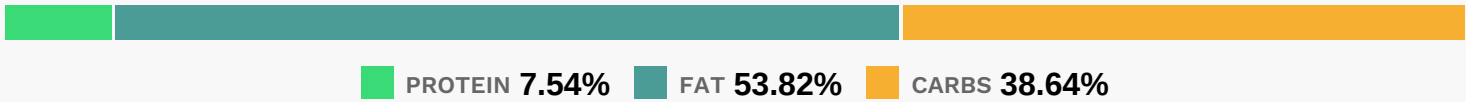
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Butter a 13- by 9-inch metal baking pan and line bottom with wax paper or parchment, then butter paper.
- ☐ Finely grind nuts with flour, salt, and 2 tablespoons granulated sugar in a food processor.
- ☐ Beat together butter and remaining 1/2 cup granulated sugar in a bowl with an electric mixer until pale and creamy, about 2 minutes.
- ☐ Add eggs 1 at a time, beating until just incorporated. Fold in nut mixture gently but thoroughly.
- ☐ Spread batter evenly in baking pan and bake until torte is lightly browned around edges and firm but springy to the touch, about 15 minutes.
- ☐ Run a small knife around edges of cake, then invert a rack over pan and flip cake onto rack.
- ☐ Remove paper, turn cake right side up, and cool 10 minutes.
- ☐ Transfer cake to a cutting board and halve crosswise.
- ☐ Spread jam on top of 1 half, then place second half on top, right side up.
- ☐ Cut torte into 4 squares, then cut each square diagonally into triangles.
- ☐ Dust triangles with confectioners sugar and serve with additional jam if desired.

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:15.71, Inflammation Score:-3, Nutrition Score:8.0578261665676%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 263.31kcal (13.17%), Fat: 16.25g (25.01%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 24.62g (8.95%), Sugar: 18.33g (20.37%), Cholesterol: 85mg (28.33%), Sodium: 67.37mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Manganese: 0.92mg (46.06%), Vitamin E: 2.5mg (16.69%), Copper: 0.28mg (13.87%), Selenium: 8.22µg (11.74%), Vitamin B1: 0.14mg (9.44%), Folate: 35.74µg (8.94%), Phosphorus: 87.58mg (8.76%), Vitamin B2: 0.14mg (8.25%), Iron: 1.3mg (7.2%), Magnesium: 27.07mg (6.77%), Fiber: 1.63g (6.53%), Vitamin B6: 0.12mg (5.82%), Vitamin A: 281.36IU (5.63%), Vitamin B5: 0.45mg (4.5%), Zinc: 0.64mg (4.26%), Potassium: 137.98mg (3.94%), Vitamin D: 0.48µg (3.21%), Calcium: 31.42mg (3.14%), Vitamin B12: 0.18µg (2.98%), Vitamin B3: 0.58mg (2.92%), Vitamin K: 2.58µg (2.46%), Vitamin C: 1.83mg (2.22%)