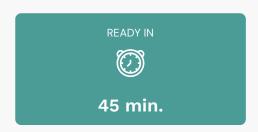
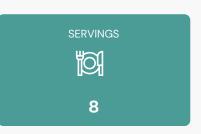


HazeInut Torte with Raspberry Jam

Vegetarian







DESSERT

Ingredients

- 3 large eggs
- 0.3 cup flour all-purpose
- 0.5 cup granulated sugar
- 4 oz hazelnuts
- 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
	PROTEIN 8.4% FAT 60.35% CARBS 31.25%
	PRUTEIN 0.4% FAT 00.33% CARBS 31.23%

Properties

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: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 233.78kcal (11.69%), Fat: 16.25g (24.99%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.42g (6.33%), Sugar: 13.18g (14.64%), Cholesterol: 85mg (28.33%), Sodium: 63.97mg (2.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.09g (10.17%), Manganese: 0.92mg (45.85%), Vitamin E: 2.49mg (16.61%), Copper: 0.27mg (13.34%), Selenium: 8.01µg (11.44%), Vitamin B1: 0.14mg (9.33%), Folate: 34.57µg (8.64%), Phosphorus: 85.56mg (8.56%), Vitamin B2: 0.13mg (7.78%), Iron: 1.24mg (6.91%), Magnesium: 26.64mg (6.66%), Fiber: 1.52g (6.06%), Vitamin B6: 0.11mg (5.71%), Vitamin A: 281.36IU (5.63%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.63mg (4.22%), Potassium: 129.8mg (3.71%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.18µg (2.98%), Calcium: 29.29mg (2.93%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.58µg (2.46%), Vitamin C: 0.89mg (1.08%)