



Hazelnut Torte with Raspberry Jam

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

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



Properties

Glycemic Index:20.01, Glycemic Load:11.75, Inflammation Score:-3, Nutrition Score:7.8473912892134%

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: 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: 0g (100%), Alcohol %: 0% (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%)