



High-Protein Torte

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



586 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 19 ounce garbanzo beans rinsed canned (garbanzo beans)
- 11 ounce mandarin oranges drained canned
- 15 ounce pumpkin puree canned
- 6 ounces whipped cream
- 4 eggs
- 2 tablespoons maple sugar
- 2 cups powdered sugar

- 2 teaspoons pumpkin pie spice
- 1 cup sugar (or sugar)
- 1 cup sugar (or sugar)
- 1 cup sugar (or sugar)
- 0.3 cup walnut halves

Equipment

Nutrition Facts



PROTEIN 5.31% **FAT 15.61%** **CARBS 79.08%**

Properties

Glycemic Index:52.54, Glycemic Load:40.36, Inflammation Score:-10, Nutrition Score:16.11%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 585.78kcal (29.29%), Fat: 10.75g (16.54%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 122.48g (40.83%), Net Carbohydrates: 117.19g (42.61%), Sugar: 99.59g (110.65%), Cholesterol: 98mg (32.67%), Sodium: 252.57mg (10.98%), Protein: 8.23g (16.46%), Vitamin A: 9060.58IU (181.21%), Manganese: 1.01mg (50.25%), Vitamin B6: 0.43mg (21.64%), Fiber: 5.29g (21.17%), Vitamin C: 15.68mg (19%), Phosphorus: 158.07mg (15.81%), Iron: 2.38mg (13.21%), Selenium: 9.2µg (13.15%), Copper: 0.26mg (13.01%), Magnesium: 46.9mg (11.72%), Vitamin B2: 0.18mg (10.45%), Potassium: 354.3mg (10.12%), Calcium: 101.17mg (10.12%), Folate: 39.84µg (9.96%), Zinc: 1.48mg (9.84%), Vitamin K: 9.22µg (8.78%), Vitamin B5: 0.84mg (8.39%), Vitamin E: 1.02mg (6.83%), Vitamin B1: 0.1mg (6.58%), Vitamin B12: 0.26µg (4.29%), Vitamin D: 0.53µg (3.5%), Vitamin B3: 0.54mg (2.71%)