

## Himmel Futter Torte

READY IN



60 min.

SERVINGS



15

CALORIES



360 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 banana peeled sliced
- 2.5 cups dates chopped
- 4 eggs
- 0.5 cup flour all-purpose
- 1 cup cup heavy whipping cream
- 2 cranberry-orange relish peeled
- 8 ounces pineapple chunks drained canned
- 1 cup raspberries

- 1 teaspoon salt
- 2 tablespoons shortening softened
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

## Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- In a large bowl, beat eggs and sugar until light.
- Add shortening and vanilla; beat well.
- Combine flour, baking powder, salt, dates and nuts; add to bowl and mix well.
- Spread in a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 40–45 minutes or until cake tests done. Cool on a wire rack. Break torte into small pieces and arrange on a serving plate. Just before serving, place fruit on top and cover with whipped cream. Fruit can be varied by season.

## Nutrition Facts



## Properties

Glycemic Index:28.82, Glycemic Load:32.25, Inflammation Score:-4, Nutrition Score:8.3704348543416%

## Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin:

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## Nutrients (% of daily need)

Calories: 360.24kcal (18.01%), Fat: 14g (21.54%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 54.71g (19.9%), Sugar: 48.96g (54.4%), Cholesterol: 61.58mg (20.53%), Sodium: 233.99mg (10.17%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.65g (9.31%), Manganese: 0.46mg (23.25%), Vitamin C: 14.47mg (17.54%), Fiber: 4.14g (16.56%), Copper: 0.24mg (11.82%), Selenium: 7.09µg (10.13%), Potassium: 350.68mg (10.02%), Phosphorus: 100.1mg (10.01%), Vitamin B6: 0.19mg (9.68%), Vitamin B2: 0.16mg (9.52%), Folate: 36.9µg (9.22%), Magnesium: 36.5mg (9.12%), Vitamin B1: 0.12mg (7.89%), Calcium: 78.81mg (7.88%), Vitamin A: 360.18IU (7.2%), Iron: 1.12mg (6.23%), Vitamin B5: 0.56mg (5.62%), Vitamin B3: 0.91mg (4.55%), Zinc: 0.62mg (4.12%), Vitamin E: 0.56mg (3.75%), Vitamin D: 0.49µg (3.26%), Vitamin K: 3.14µg (2.99%), Vitamin B12: 0.13µg (2.16%)