



Huguenot Torte

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 1 cup apples chopped
- ☐ 1.5 teaspoons baking soda
- ☐ 2 teaspoons cream of tartar
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup pecans chopped
- ☐ 12 servings additional pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 12 servings whipped cream

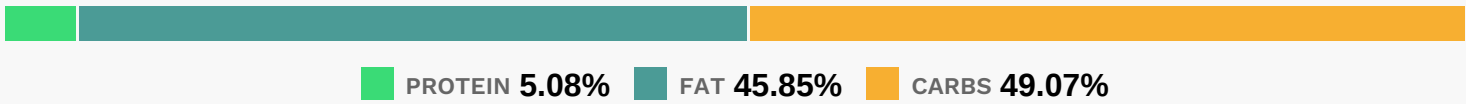
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Beat eggs in a large mixing bowl at high speed of electric mixer for 8 minutes. Gradually add sugar, beating well.
- ☐ Combine flour, cream of tartar, soda, and salt in a small mixing bowl; stir well. Gradually add flour mixture to egg mixture, beating until smooth. Stir in lemon juice, vanilla, apple, and 1 cup pecans.
- ☐ Pour batter into a lightly greased 13- x 9- x 2-inch baking pan.
- ☐ Bake at 325 for 35 minutes. (Torte will rise, then fall.)
- ☐ Remove from oven, and cool completely.
- ☐ Cut into 3 - inch squares.
- ☐ Transfer to individual serving plates; serve with a dollop of whipped cream and additional chopped pecans.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:13.91, Inflammation Score:-1, Nutrition Score:3.9304347763891%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 9.39g (14.44%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 21.32g (7.75%), Sugar: 18.68g (20.76%), Cholesterol: 31.84mg (10.61%), Sodium: 196.76mg (8.55%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 2.34g (4.68%), Manganese: 0.48mg (24%), Copper: 0.14mg (6.8%), Vitamin B1: 0.09mg (6.27%), Selenium: 3.7µg (5.29%), Phosphorus: 51.83mg (5.18%), Fiber: 1.29g (5.16%), Potassium: 157.98mg (4.51%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.6mg (4%), Magnesium: 14.91mg (3.73%), Iron: 0.55mg (3.04%), Folate: 11.01µg (2.75%), Vitamin B5: 0.24mg (2.36%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.28mg (1.85%), Calcium: 18.54mg (1.85%), Vitamin A: 92IU (1.84%), Vitamin B3: 0.29mg (1.46%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.14%)