



Kona Macadamia-Caramel Torte

READY IN



45 min.

SERVINGS



16

CALORIES



516 kcal

DESSERT

Ingredients

- ☐ 0.5 lb butter cut in chunks
- ☐ 1 large eggs
- ☐ 1 large egg white beaten
- ☐ 2.8 cups flour all-purpose
- ☐ 12.5 oz roasted salted
- ☐ 2.5 cups sugar
- ☐ 1 cup whipping cream

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cake form

Directions

- ☐ Reserve 3 or 4 whole nuts for garnish. Rub remaining macadamias in a towel to remove excess salt; lift nuts from towel and set aside.
- ☐ With your fingers or a food processor, mix or whirl flour, 1/2 cup sugar, and butter until mixture is fine crumbs.
- ☐ Add egg and mix with a fork or whirl until dough holds together; pat into a ball.
- ☐ Press 2/3 of the pastry over the bottom and sides of a 1 1/2-inch-deep, 9-inch-wide round cake pan with removable rim. Cover and chill.
- ☐ Roll remaining pastry between 2 sheets of waxed paper into a 9-inch-wide round. Chill flat.
- ☐ Meanwhile, pour remaining 2 cups sugar into a 10- to 12-inch nonstick frying pan. Set over medium-high heat and stir often until sugar melts and turns pale amber, about 7 minutes.
- ☐ Pour in cream (mixture will bubble up) and remove from heat. Stir until sauce is smooth, about 5 minutes. Stir in nuts (except those reserved for garnish).
- ☐ Let nut mixture cool 10 to 20 minutes, then pour into pastry shell.
- ☐ Peel 1 sheet of waxed paper from pastry round and invert pastry onto nut-filled torte. Peel off remaining paper. Fold edges of top pastry in until flush with pan rim. Press pastry rim with the flour-dipped tines of a fork to seal.
- ☐ Brush top of torte lightly with beaten egg white.
- ☐ Bake in a 325 oven until deep golden brown, about 1 hour.
- ☐ Cool in pan on a rack 10 to 20 minutes. Run a thin knife between pastry and pan rim.
- ☐ Remove rim and let torte cool.
- ☐ Garnish with reserved macadamia nuts.
- ☐ Cut into thin wedges.

Nutrition Facts



 **PROTEIN 3.86%**  **FAT 57.73%**  **CARBS 38.41%**

Properties

Glycemic Index:9.69, Glycemic Load:33.79, Inflammation Score:-6, Nutrition Score:9.5560870002145%

Nutrients (% of daily need)

Calories: 515.57kcal (25.78%), Fat: 34.17g (52.57%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 48.68g (17.7%), Sugar: 32.72g (36.35%), Cholesterol: 28.43mg (9.48%), Sodium: 147.4mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Manganese: 1.06mg (53.2%), Vitamin B1: 0.44mg (29.27%), Vitamin A: 742.57IU (14.85%), Selenium: 10.09µg (14.41%), Vitamin B2: 0.2mg (12.03%), Folate: 44.04µg (11.01%), Iron: 1.9mg (10.56%), Copper: 0.2mg (10.25%), Fiber: 2.48g (9.94%), Vitamin B3: 1.83mg (9.17%), Magnesium: 35.59mg (8.9%), Phosphorus: 83.23mg (8.32%), Vitamin E: 0.74mg (4.94%), Vitamin B6: 0.08mg (4.11%), Calcium: 38.33mg (3.83%), Potassium: 132.88mg (3.8%), Vitamin B5: 0.36mg (3.64%), Zinc: 0.52mg (3.45%), Vitamin D: 0.3µg (2%), Vitamin B12: 0.07µg (1.13%)