



Lemon-Nut Torte with Summer Berries



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 1 cup almond flour (found at health food stores)
- ☐ 3 cups blackberries (blackberries, blueberries, strawberries, or a mix)
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 cup cornmeal finely (ground cornmeal)
- ☐ 4 large egg yolk divided
- ☐ 1 cup granulated sugar divided
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 tablespoons lemon zest grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Heat oven to 350°. Line an 8" or 9" springform pan with parchment paper and coat with cooking spray.
- ☐ Combine 1/3 cup sugar and flours in a bowl. Whip 1/3 cup sugar and egg yolks in another bowl with an electric mixer about 5 minutes. Beat in zest, oil, lemon juice, and orange juice. Fold in dry ingredients. Beat egg whites and salt in a third bowl with an electric mixer until frothy. Beat in remaining 1/3 cup sugar until stiff peaks form. Fold 1/3 of egg-white mixture into batter. Fold in remaining egg white mixture in two parts, mixing well.
- ☐ Pour batter into pan.
- ☐ Bake 30 to 35 minutes.
- ☐ Combine honey, lemon juice, and vanilla in a bowl.
- ☐ Add berries; mix. Spoon topping on cake, dust with sugar, and slice into eighths.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:33.48, Glycemic Load:27.1, Inflammation Score:-4, Nutrition Score:7.5326086541881%

Flavonoids

Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 373.94kcal (18.7%), Fat: 16.68g (25.67%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 54.42g (18.14%), Net Carbohydrates: 49.25g (17.91%), Sugar: 43.95g (48.84%), Cholesterol: 91.8mg (30.6%), Sodium: 78.82mg (3.43%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 5.82g (11.63%), Fiber: 5.17g (20.69%), Manganese: 0.41mg (20.58%), Vitamin C: 15.86mg (19.22%), Vitamin K: 14.83µg (14.12%), Vitamin E: 1.86mg (12.39%), Selenium: 5.68µg (8.11%), Iron: 1.43mg (7.93%), Folate: 30.03µg (7.51%), Phosphorus: 61.4mg (6.14%), Copper: 0.12mg (6.12%), Calcium: 60.25mg (6.02%), Vitamin A: 243.35IU (4.87%), Zinc: 0.73mg (4.86%), Magnesium: 19.4mg (4.85%), Vitamin B6: 0.09mg (4.69%), Vitamin B2: 0.08mg (4.66%), Vitamin B5: 0.47mg (4.66%), Potassium: 138.07mg (3.94%), Vitamin B1: 0.05mg (3.3%), Vitamin D: 0.46µg (3.06%), Vitamin B3: 0.55mg (2.77%), Vitamin B12: 0.17µg (2.76%)