



Maple-Walnut Espresso Torte

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

DESSERT

Ingredients

- 4 large eggs
- 2 teaspoons ground cardamom
- 4 teaspoons espresso powder instant
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest finely grated
- 0.5 cup maple syrup pure
- 0.3 cup matzo meal
- 0.3 teaspoon salt

- 0.3 cup sugar
- 8 ounces walnuts plus walnut halves for decoration
- 1 cup water

Equipment

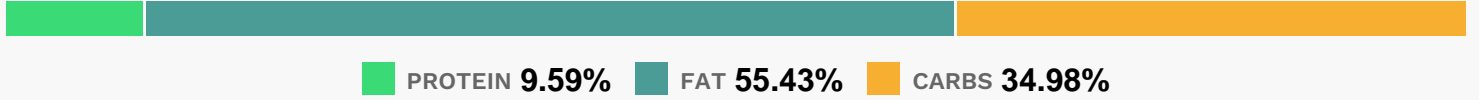
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- hand mixer
- springform pan

Directions

- Bring all ingredients to boil in heavy medium saucepan over medium-high heat, stirring until sugar dissolves. Boil until syrup thickens slightly and is reduced to 1 generous cup, about 5 minutes. Set aside.
- Preheat oven to 325°F. Lightly oil inside of 8-inch springform pan. Line bottom with parchment paper. Blend 2 cups walnuts and matzo meal in processor until nuts are finely ground. Using electric mixer, beat eggs, maple syrup, sugar, and salt in large bowl at high speed 5 minutes.
- Add espresso, lemon peel, and cardamom and beat until beginning to thicken, about 5 minutes longer. Gently fold in nut mixture in 4 additions.
- Pour batter into prepared pan.
- Bake torte until brown on top and tester inserted into center comes out clean, about 40 minutes.
- Transfer torte to rack. Spoon 4 tablespoons syrup over hot torte. Decorate top with walnut halves. Cool completely in pan on rack. (Can be made 1 day ahead. Cover remaining syrup and torte separately and let stand at room temperature.)
- Cut around pan sides to loosen torte.
- Remove pan sides.

- Cut torte into wedges.
- Serve with remaining syrup and whipped topping, if desired.
- *Kosher-for-Passover nondairy topping mix is usually available in the frozen foods section of kosher markets and some supermarkets. Prepare it according to directions on the label.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:9.72, Inflammation Score:-4, Nutrition Score:11.959999999274%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.1kcal (16.35%), Fat: 21.01g (32.32%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 27.52g (10.01%), Sugar: 19.27g (21.41%), Cholesterol: 93mg (31%), Sodium: 112.45mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.7mg (5.23%), Protein: 8.18g (16.36%), Manganese: 1.63mg (81.25%), Vitamin B2: 0.43mg (25.47%), Copper: 0.48mg (24.07%), Selenium: 11.33µg (16.18%), Phosphorus: 155.58mg (15.56%), Magnesium: 56.89mg (14.22%), Folate: 41.37µg (10.34%), Vitamin B6: 0.21mg (10.29%), Vitamin B1: 0.14mg (9.66%), Zinc: 1.43mg (9.5%), Fiber: 2.31g (9.22%), Iron: 1.57mg (8.74%), Calcium: 69.32mg (6.93%), Potassium: 239.83mg (6.85%), Vitamin B5: 0.58mg (5.78%), Vitamin B12: 0.22µg (3.71%), Vitamin B3: 0.73mg (3.66%), Vitamin C: 2.89mg (3.51%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.47mg (3.15%), Vitamin A: 141.27IU (2.83%)