



Meringue Cream Torte

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 0.7 cup nutella (see notes)
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 2 tablespoons frangelico cold
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cake form
- ☐ spatula

Directions

- ☐ In a large bowl, with a mixer on high speed, beat egg whites and cream of tartar until frothy. Continuing to beat at high speed, add sugar in a slow, steady stream; continue to beat until mixture holds stiff peaks, 8 to 12 minutes. Beat in vanilla.
- ☐ Scrape into a buttered and floured 8-inch cake pan with a removable rim at least 3 inches tall. With a flexible spatula, spread mixture out to edges of pan and smooth out top.
- ☐ Bake in a 300 regular or convection oven until top is lightly browned and feels firm when gently pressed in the center, about 25 minutes.
- ☐ Remove from oven and let stand for 20 minutes (meringue may shrink a little as it cools). Run a thin knife between meringue and pan rim, then remove rim. Carefully invert meringue onto a plate, then slide a long, thin spatula between pan bottom and meringue and gently lift the bottom off. Invert meringue again onto another plate so that it is right side up.
- ☐ Let cool completely.
- ☐ In a bowl, whisk hazelnut liqueur into chocolate-hazelnut spread. In another bowl, whip cream until it holds soft peaks. Stir about 1/4 cup of the whipped cream into the chocolate mixture until no white streaks remain. Fold chocolate mixture into remaining whipped cream, then whisk gently until mixture has a loose, spreadable consistency (take care not to overbeat or it will curdle).
- ☐ With the spatula, spread chocolate-hazelnut cream around sides and over the top of the meringue. Chill torte uncovered for at least 1 hour, or cover with a large, inverted bowl (it shouldn't touch cream) and chill up to 24 hours.
- ☐ Cut torte into wedges to serve.

Nutrition Facts



PROTEIN 5.1% **FAT 47.14%** **CARBS 47.76%**

Properties

Glycemic Index:12.43, Glycemic Load:21.63, Inflammation Score:-3, Nutrition Score:4.6343478417915%

Nutrients (% of daily need)

Calories: 344.8kcal (17.24%), Fat: 18.28g (28.12%), Saturated Fat: 13.94g (87.14%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 40.32g (14.66%), Sugar: 39.53g (43.92%), Cholesterol: 33.62mg (11.21%), Sodium: 52.91mg (2.3%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 4.45g (8.89%), Vitamin B2: 0.19mg (11.42%), Manganese: 0.22mg (11.11%), Vitamin E: 1.51mg (10.09%), Vitamin A: 438.08IU (8.76%), Selenium: 6.07µg (8.67%), Iron: 1.16mg (6.45%), Copper: 0.13mg (6.39%), Phosphorus: 58.39mg (5.84%), Potassium: 195.81mg (5.59%), Fiber: 1.35g (5.4%), Magnesium: 20.42mg (5.1%), Calcium: 48.4mg (4.84%), Vitamin D: 0.48µg (3.17%), Zinc: 0.35mg (2.31%), Vitamin B12: 0.13µg (2.23%), Vitamin B5: 0.2mg (2.04%), Vitamin B1: 0.03mg (1.87%), Vitamin B6: 0.03mg (1.6%), Folate: 5.51µg (1.38%), Vitamin K: 1.43µg (1.36%)