



Panforte

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



216 kcal

SIDE DISH

Ingredients

- 0.3 cup apricots dried coarsely chopped
- 0.3 cup calimyrna figs dried coarsely chopped
- 0.7 cup flour all-purpose
- 0.3 cup golden raisins
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 cup hazelnuts whole toasted

- 0.5 cup honey
- 2 tablespoons powdered sugar
- 0.3 cup prune- cut to pieces pitted coarsely chopped
- 1 cup slivered almonds whole toasted

Equipment

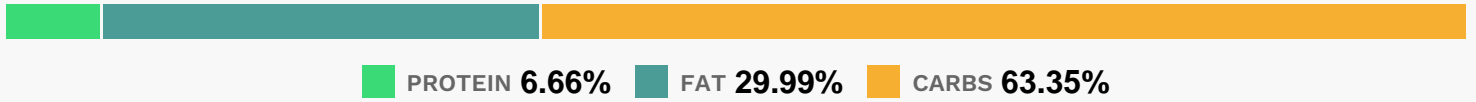
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- wire rack
- cake form
- wooden spoon
- measuring cup

Directions

- Preheat oven to 30
- Coat an 8-inch round cake pan with cooking spray. Line bottom with parchment paper; coat with cooking spray.
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, almonds, and next 7 ingredients in a large bowl; stir until flour coats fruit and nuts. Set aside.
- Combine honey and granulated sugar in a small saucepan. Cook over low heat until sugar dissolves. Bring syrup to a boil; reduce heat, and simmer, uncovered, 2 minutes. Carefully and quickly add hot syrup to fruit mixture; stir quickly with a wooden spoon to coat. Quickly spread mixture evenly into prepared pan, pressing lightly with back of spoon.
- Bake at 300 for 30 minutes (mixture will be soft and appear underdone but will firm as it cools). Cool at least 2 hours in pan on a wire rack (or cool 1 day for best results).

- Remove panforte from pan; remove parchment paper.
- Sprinkle with powdered sugar.
- Cut into wedges. Store in refrigerator in an airtight container for up to 1 month.
- Panforte (pan-FOHR-tay) is a cross between candy and fruit cake. This specialty from Siena is a typical Christmas dessert, but it can easily be found year-round in pastry shops throughout Italy.

Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:17.76, Inflammation Score:-4, Nutrition Score:7.2365218297295%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 216.32kcal (10.82%), Fat: 7.7g (11.84%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.7g (12.26%), Sugar: 26.3g (29.23%), Cholesterol: 0mg (0%), Sodium: 1.92mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Manganese: 0.67mg (33.7%), Vitamin E: 3.25mg (21.67%), Copper: 0.24mg (12.02%), Fiber: 2.88g (11.54%), Vitamin B2: 0.17mg (10.12%), Magnesium: 40.2mg (10.05%), Phosphorus: 77.55mg (7.76%), Vitamin B1: 0.11mg (7.5%), Potassium: 239.26mg (6.84%), Iron: 1.22mg (6.79%), Folate: 23.69µg (5.92%), Vitamin B3: 1.11mg (5.55%), Selenium: 3.18µg (4.55%), Calcium: 42.13mg (4.21%), Vitamin B6: 0.08mg (4.16%), Vitamin K: 4.22µg (4.02%), Zinc: 0.55mg (3.65%), Vitamin A: 178.83IU (3.58%), Vitamin B5: 0.19mg (1.94%)