



Pecan Torte with Strawberries and Cream

READY IN



45 min.

SERVINGS



10

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 7 large eggs separated at room temperature
- ☐ 1.5 cups cup heavy whipping cream chilled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 3.5 tablespoons matzo meal
- ☐ 6.3 oz pecans
- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries sliced lengthwise
- ☐ 1 cup sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Pulse pecans, cake meal, and 3 tablespoons sugar in a food processor until nuts are very finely chopped.
- ☐ Beat yolks and 1/2 cup plus 2 tablespoons sugar in a large bowl with an electric mixer on high speed until pale and very thick. Stir in lemon zest and juice.
- ☐ Beat whites with salt in another bowl with cleaned beaters on high speed until soft peaks form. Gradually beat in 5 tablespoons sugar and beat until whites just hold stiff, glossy peaks.
- ☐ In 3 batches, alternately fold nut mixture and whites into yolk mixture. Spoon batter into ungreased pan and smooth top.
- ☐ Bake cake in middle of oven until golden and a tester comes out clean, about 1 hour. Cool in pan, upside-down, 2 hours. (If pan has "legs," stand it on those. Otherwise, invert pan over neck of a bottle.)
- ☐ Turn pan right side up, then run a long thin knife around outer edge of cake with a smooth (not sawing) motion. Loosen center in same manner.
- ☐ Remove outer rim of pan and run knife under bottom of cake to release. Invert cake onto a cake plate.
- ☐ Beat cream with remaining tablespoon sugar until it just holds stiff peaks.
- ☐ Spread evenly over top and sides of cake and arrange strawberries on top.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:11.040000086245%

Flavonoids

Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 394.42kcal (19.72%), Fat: 29.18g (44.89%), Saturated Fat: 10.41g (65.09%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 26.53g (9.65%), Sugar: 23.31g (25.9%), Cholesterol: 170.54mg (56.85%), Sodium: 118mg (5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Manganese: 0.94mg (47.13%), Vitamin C: 18.44mg (22.35%), Selenium: 14.02µg (20.03%), Vitamin B2: 0.27mg (15.94%), Phosphorus: 149.28mg (14.93%), Vitamin A: 727.46IU (14.55%), Copper: 0.26mg (12.99%), Vitamin B1: 0.16mg (10.61%), Fiber: 2.43g (9.72%), Zinc: 1.41mg (9.39%), Vitamin D: 1.27µg (8.47%), Vitamin B5: 0.84mg (8.35%), Magnesium: 32.91mg (8.23%), Iron: 1.34mg (7.44%), Folate: 29.64µg (7.41%), Vitamin E: 1.03mg (6.89%), Vitamin B6: 0.13mg (6.41%), Calcium: 61.49mg (6.15%), Vitamin B12: 0.37µg (6.14%), Potassium: 205.44mg (5.87%), Vitamin B3: 0.51mg (2.53%), Vitamin K: 2.51µg (2.39%)