



## PHILLY Bavarian Apple Torte



Vegetarian



Popular

READY IN



245 min.

SERVINGS



12

CALORIES



291 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup butter softened
- ☐ 250 g philadelphia brick cream cheese softened
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 golden delicious apples peeled sliced
- ☐ 1 cup sugar divided

☐ 0.5 teaspoon vanilla

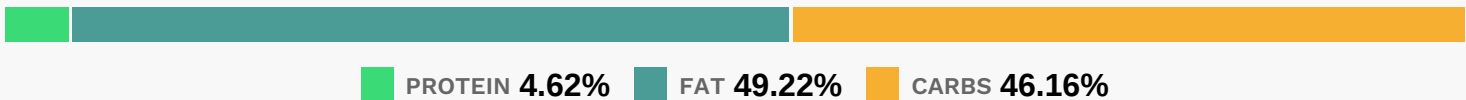
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

## Directions

- ☐ Heat oven to 425 degrees F. Beat butter and 1/3 cup of the sugar in small bowl with electric mixer on medium speed until light and fluffy.
- ☐ Add flour; mix well.
- ☐ Spread onto bottom and 1 inch up side of 9-inch springform pan.
- ☐ Beat cream cheese and 1/3 cup of the remaining sugar in same bowl with electric mixer on medium speed until well blended.
- ☐ Add egg and vanilla; mix well.
- ☐ Spread evenly over crust.
- ☐ Combine remaining 1/3 cup sugar and the cinnamon.
- ☐ Add to apples in large bowl; toss to coat. Spoon over cream cheese layer; sprinkle with almonds.
- ☐ Bake 10 min. Reduce temperature to 375 degrees F; continue baking 25 min. or until centre is set. Cool on wire rack. Loosen torte from rim of pan. Cover and refrigerate 3 hours before serving. Store any leftovers in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.42, Glycemic Load:19.93, Inflammation Score:-4, Nutrition Score:4.7369565186293%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 291.39kcal (14.57%), Fat: 16.4g (25.23%), Saturated Fat: 9.29g (58.07%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.58g (11.85%), Sugar: 23.88g (26.53%), Cholesterol: 55.02mg (18.34%), Sodium: 132.46mg (5.76%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.47g (6.93%), Vitamin A: 568.98IU (11.38%), Selenium: 6.72µg (9.61%), Vitamin B2: 0.16mg (9.43%), Fiber: 2.02g (8.08%), Manganese: 0.16mg (7.75%), Vitamin E: 1.05mg (6.97%), Vitamin B1: 0.1mg (6.85%), Folate: 25.61µg (6.4%), Phosphorus: 59.03mg (5.9%), Iron: 0.73mg (4.06%), Vitamin B3: 0.77mg (3.84%), Potassium: 125.88mg (3.6%), Calcium: 35.91mg (3.59%), Vitamin C: 2.79mg (3.39%), Magnesium: 13.07mg (3.27%), Copper: 0.06mg (2.95%), Vitamin B5: 0.28mg (2.77%), Vitamin B6: 0.05mg (2.52%), Vitamin K: 2.5µg (2.38%), Zinc: 0.32mg (2.14%), Vitamin B12: 0.09µg (1.58%)