



Pine Nut Torta with Marsala-Poached Autumn Fruit

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



685 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cinnamon sticks
- 2 cups apricot dried
- 1 large eggs
- 3 large egg yolk
- 1.5 teaspoons lemon zest packed grated ()
- 4 inch lemon zest yellow (part only)
- 1 cup plum brandy sweet

- 3.5 ounces pinenuts
- 8 servings powdered sugar
- 2 cups prune- cut to pieces pitted
- 0.3 teaspoon salt
- 1 cup sugar
- 1.5 cups unbleached all purpose flour
- 10 tablespoons butter unsalted room temperature ()
- 1 teaspoon vanilla extract
- 3 cups water

Equipment

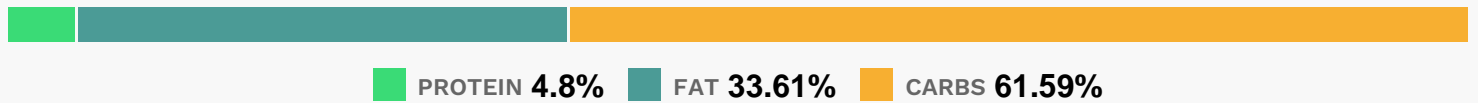
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- hand mixer
- spatula
- springform pan
- slotted spoon

Directions

- Combine 3 cups water, Marsala, sugar, cinnamon stick, and lemon peel in heavy large saucepan. Bring to boil, stirring until sugar dissolves.
- Add prunes and apricots. Reduce heat to medium; simmer until fruit is just soft but not mushy, stirring frequently, about 25 minutes. Using slotted spoon, transfer fruit to medium bowl. Boil liquid until syrupy, about 5 minutes.
- Pour syrup over fruit. (Can be made 2 days ahead. Cover; chill. Bring to room temperature before serving.)

- Position rack in center of oven and preheat to 375°F. Butter and flour 10-inch-diameter springform pan.
- Whisk egg yolks, egg, lemon peel, vanilla, and salt in small bowl to blend. Using electric mixer, beat butter and 1 cup sugar in medium bowl until pale and creamy. Gradually add flour, beating until mixture resembles coarse meal. Using rubber spatula, gently stir egg mixture into butter mixture (batter will be thick). Spoon batter into prepared pan; smooth top (cake will be thin).
- Sprinkle pine nuts over top; press lightly to adhere.
- Bake cake until tester inserted into center comes out clean, about 30 minutes.
- Transfer cake to rack. Run small knife around cake edges to loosen.
- Remove pan sides. Cool cake completely. (Can be made 1 day ahead. Cover and store at room temperature.)
- Sprinkle cake with powdered sugar.
- Serve with poached fruit.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:30.63, Inflammation Score:-9, Nutrition Score:19.573913252872%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 685.11kcal (34.26%), Fat: 25.61g (39.4%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 105.61g (35.2%), Net Carbohydrates: 98.65g (35.87%), Sugar: 69.76g (77.51%), Cholesterol: 129.73mg (43.24%), Sodium: 99.1mg (4.31%), Alcohol: 4.76g (100%), Alcohol %: 2.04% (100%), Protein: 8.22g (16.45%), Manganese: 1.58mg (78.94%), Vitamin A: 2080.22IU (41.6%), Vitamin K: 35.07µg (33.4%), Fiber: 6.96g (27.84%), Potassium: 847.85mg (24.22%), Copper: 0.48mg (23.84%), Vitamin E: 3.46mg (23.04%), Selenium: 14.91µg (21.31%), Vitamin B2: 0.33mg (19.45%),

Phosphorus: 194.36mg (19.44%), Iron: 3.47mg (19.27%), Vitamin B1: 0.28mg (18.49%), Vitamin B3: 3.68mg (18.4%), Magnesium: 70.1mg (17.52%), Folate: 65.11µg (16.28%), Zinc: 1.57mg (10.47%), Vitamin B6: 0.19mg (9.74%), Vitamin B5: 0.81mg (8.15%), Calcium: 70.08mg (7.01%), Vitamin D: 0.73µg (4.88%), Vitamin B12: 0.21µg (3.49%), Vitamin C: 2.82mg (3.42%)