



Plum Torte with Cardamom Cream

 Vegetarian

READY IN



5 min.

SERVINGS



12

CALORIES



494 kcal

DESSERT

Ingredients

- ☐ 2 teaspoon double-acting baking powder fresh
- ☐ 1 cup butter at room temperature
- ☐ 4 large eggs
- ☐ 1.5 cup granulated sugar
- ☐ 2 teaspoon ground cardamom
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 plums pitted halved
- ☐ 2 tablespoon extra-fine sugar

- ☐ 12 servings sugar for sprinkling to taste
- ☐ 2 cup unbleached flour
- ☐ 2 cup whipping cream

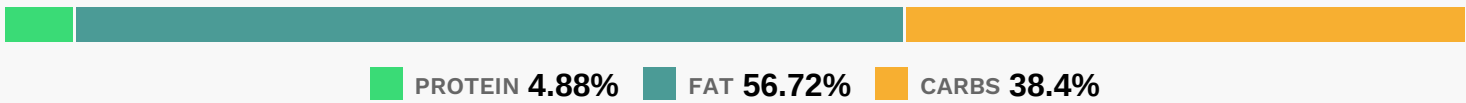
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Make the cardamon cream: Whip the cream together with the extra-fine sugar and cardamom until cream just barely holds soft peaks. Refrigerate until ready to serve. Preheat oven to 350 degrees F. Using an electric mixer cream the butter and sugar until light and fluffy.
- ☐ Add the flour, baking powder, salt and eggs, then beat until well incorporated.Using a rubber spatula spread the batter (it will be quite thick, into an ungreased 10-inch spring form pan.
- ☐ Place the plum halves, skin side up, on top of the batter as closely together as possible. Press them in to the batter just a bit.
- ☐ Sprinkle lightly with the turbinado sugar.
- ☐ Bake for one hour ten minutes until a sharp knife inserted in the center comes out clean.
- ☐ Let cool slightly (about 20 minutes) then run a sharp knife around the edges and release the spring form.
- ☐ Serve warm, with the cardamom cream.

Nutrition Facts



Properties

Glycemic Index:32.74, Glycemic Load:30.09, Inflammation Score:-6, Nutrition Score:6.8695652381234%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 494.05kcal (24.7%), Fat: 31.79g (48.91%), Saturated Fat: 19.43g (121.42%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 47.38g (17.23%), Sugar: 32.51g (36.12%), Cholesterol: 147.49mg (49.16%), Sodium: 324.35mg (14.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin A: 1260.09IU (25.2%), Selenium: 14.93µg (21.33%), Manganese: 0.28mg (14.12%), Vitamin B2: 0.18mg (10.82%), Phosphorus: 101.25mg (10.12%), Calcium: 86.06mg (8.61%), Vitamin E: 1.15mg (7.65%), Vitamin D: 0.97µg (6.45%), Vitamin B5: 0.51mg (5.13%), Folate: 18.51µg (4.63%), Vitamin K: 4.82µg (4.59%), Fiber: 1.06g (4.23%), Vitamin C: 3.44mg (4.17%), Potassium: 142.58mg (4.07%), Vitamin B12: 0.24µg (4.07%), Iron: 0.72mg (3.98%), Copper: 0.08mg (3.82%), Zinc: 0.57mg (3.77%), Magnesium: 13.64mg (3.41%), Vitamin B6: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.81%), Vitamin B3: 0.4mg (1.98%)