



## Polenta and Pine Nut Torte

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup pinenuts
- ☐ 0.5 cup polenta yellow

- ☐ 0.5 cup cup heavy whipping cream    sour
- ☐ 0.8 cup sugar

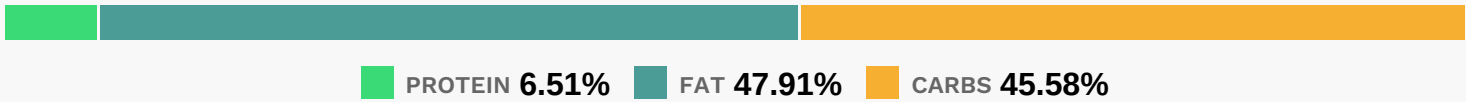
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tart form

## Directions

- ☐ In a large bowl, beat sour cream, eggs, oil, lemon peel, and lemon juice until well blended. In another bowl, stir together flour, polenta, baking powder, and 1/2 cup sugar. Stir or beat into sour cream mixture until well blended.
- ☐ Pour mixture into an oiled 9-inch fluted tart pan with a removable rim.
- ☐ Sprinkle pine nuts and remaining 1/4 cup sugar evenly over the top.
- ☐ Bake in a 350 oven until golden brown, about 35 minutes.
- ☐ Let cool about 30 minutes, then remove pan rim.
- ☐ Serve warm or cool, cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:30.56, Glycemic Load:19.21, Inflammation Score:-2, Nutrition Score:6.8004347241443%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 253.05kcal (12.65%), Fat: 13.81g (21.24%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 28.28g (10.28%), Sugar: 15.81g (17.57%), Cholesterol: 43.99mg (14.66%), Sodium: 61.08mg

(2.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Manganese: 0.71mg (35.69%), Vitamin E: 1.59mg (10.62%), Selenium: 7.29µg (10.42%), Phosphorus: 104.19mg (10.42%), Vitamin B1: 0.13mg (8.57%), Vitamin B2: 0.14mg (8.07%), Magnesium: 30.03mg (7.51%), Iron: 1.31mg (7.29%), Folate: 27.67µg (6.92%), Vitamin K: 7.14µg (6.8%), Copper: 0.13mg (6.62%), Zinc: 0.92mg (6.11%), Vitamin B3: 1.07mg (5.33%), Fiber: 1.27g (5.09%), Calcium: 44.18mg (4.42%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.3mg (3.03%), Potassium: 105.37mg (3.01%), Vitamin A: 127.73IU (2.55%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.2µg (1.33%)