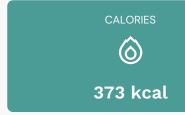


Pumpkin-HazeInut Torte

Gluten Free







DESSERT

Ingredients

2 eggs

15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
1 cup granulated sugar
0.8 cup ground hazelnuts
0.3 cup shortening
1 cup milk
1 teaspoon pumpkin pie spice
1 teaspoon vanilla

0.8 cup powdered sugar
1.5 cups whipping cream
0.5 teaspoon pumpkin pie spice
0.5 teaspoon vanilla
1 cup pumpkin
0.5 cup hazelnuts chopped
2.5 cups frangelico
uipment
bowl
oven
hand mixer
toothpicks
rections
Heat oven to 350°F. Grease and flour 2 (9-inch) round cake pans, or spray with baking spray with flour. Reserve 1 cup pumpkin for pumpkin cream; set aside.
In large bowl, beat remaining pumpkin and all remaining cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Divide batter evenly between pans.
Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes
Remove cakes from pans to cooling racks. Cool completely, about 1 hour.
In chilled large bowl, beat all pumpkin cream ingredients except reserved pumpkin on high speed until stiff. Gently fold in pumpkin. Reserve 1 1/3 cups; set aside.
Place one cake layer, rounded side down, on serving plate.
Spread with 11/2 cups pumpkin cream. Top with second cake layer, rounded side up.
Spread remaining pumpkin cream around side of cake.
Spread reserved pumpkin cream on top of cake.
Sprinkle with 1/2 cup chopped hazelnuts. Refrigerate 1 hour before serving. Refrigerate any remaining cake.

Nutrition Facts

PROTEIN 4.85% FAT 55.47% CARBS 39.68%

Properties

Glycemic Index:16.26, Glycemic Load:12.47, Inflammation Score:-10, Nutrition Score:10.522608679274%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 372.52kcal (18.63%), Fat: 23.75g (36.53%), Saturated Fat: 9.03g (56.45%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 33.97g (12.35%), Sugar: 26.66g (29.62%), Cholesterol: 63.34mg (21.11%), Sodium: 100.64mg (4.38%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 4.67g (9.35%), Vitamin A: 4275IU (85.5%), Manganese: 0.51mg (25.39%), Fiber: 4.25g (17.01%), Vitamin B2: 0.18mg (10.65%), Vitamin E: 1.48mg (9.87%), Phosphorus: 87.34mg (8.73%), Calcium: 81.44mg (8.14%), Vitamin B5: 0.77mg (7.71%), Iron: 1.26mg (7.03%), Copper: 0.13mg (6.72%), Vitamin B6: 0.13mg (6.34%), Folate: 24.3µg (6.07%), Selenium: 4.24µg (6.05%), Vitamin D: 0.85µg (5.64%), Potassium: 187.53mg (5.36%), Magnesium: 20.78mg (5.2%), Vitamin B1: 0.06mg (4.28%), Vitamin K: 4.19µg (3.99%), Vitamin B12: 0.22µg (3.71%), Vitamin C: 2.96mg (3.58%), Zinc: 0.51mg (3.38%), Vitamin B3: 0.33mg (1.67%)