



Pumpkin-Hazelnut Torte

 Gluten Free

READY IN



180 min.

SERVINGS



12

CALORIES



373 kcal

DESSERT

Ingredients

- 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
- 2 eggs

- 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

Equipment

- bowl
- oven
- hand mixer
- toothpicks

Directions

- 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 1 1/2 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 Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 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, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.16mg, 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%)