



## Raspberry-Almond Torte with Chocolate Ganache

READY IN



45 min.

SERVINGS



12

CALORIES



358 kcal

DESSERT

### Ingredients

- 2 tablespoons almond paste
- 6 tablespoons butter softened
- 4 ounce bittersweet chocolate chopped
- 4 large egg whites
- 3 large eggs
- 0.3 cup skim milk fat-free
- 0.8 cup flour all-purpose
- 0.5 cup granulated sugar

- 1 cup granulated sugar divided
- 0.3 cup juice of lemon fresh
- 0.5 cup powdered sugar sifted
- 10 ounce raspberry jam seedless
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

## Directions

- Preheat oven to 35
- Coat a 15 x 10-inch jelly roll pan with cooking spray; line bottom with parchment paper. Coat parchment paper with cooking spray.
- To prepare cake, place butter and almond paste in a large bowl; beat with a mixer at medium speed 2 minutes or until blended.
- Add 1/2 cup granulated sugar, beating until well blended (about 3 minutes).
- Add eggs, 1 at a time, beating well after each addition.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and salt, stirring with a whisk.

- Add flour mixture to butter mixture, beating just until combined.
- Place the egg whites in a large bowl. Using clean, dry beaters, beat egg whites with a mixer at high speed until foamy. Gradually add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold egg whites into batter; pour batter into prepared pan.
- Bake at 350 for 18 minutes or until cake springs back when touched lightly. Cool. Invert cake onto a wire rack.
- Remove parchment paper.
- Cut cake into 4 (10 x 3 3/4-inch) rectangles.
- To prepare filling, combine juice and raspberry preserves, stirring with a whisk.
- Add powdered sugar, stirring until smooth. Reserve 3/4 cup raspberry mixture.
- Place 1 cake rectangle on a cake platter; spread with 1/4 cup raspberry mixture, leaving a 1/4-inch border. Repeat procedure with remaining cake and 1/2 cup raspberry mixture, ending with cake.
- To prepare ganache, combine 1/2 cup granulated sugar, cocoa, and milk in a medium saucepan over medium heat; bring mixture to a boil, stirring frequently. Cook 1 minute, stirring constantly.
- Remove from heat, and add chocolate, stirring until smooth.
- Spread ganache evenly over top and sides of cake; let stand 20 minutes or until set.
- Serve reserved raspberry mixture with torte.

## Nutrition Facts

  

 **PROTEIN 5.62%**  **FAT 28.66%**  **CARBS 65.72%**

### Properties

Glycemic Index:29.45, Glycemic Load:30.69, Inflammation Score:-3, Nutrition Score:6.3039130335269%

### Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 358.04kcal (17.9%), Fat: 11.68g (17.97%), Saturated Fat: 6.31g (39.41%), Carbohydrates: 60.25g (20.08%), Net Carbohydrates: 58.22g (21.17%), Sugar: 46.39g (51.54%), Cholesterol: 62.32mg (20.77%), Sodium: 141.94mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.25mg (4.08%), Protein: 5.15g (10.3%), Selenium: 10.71µg (15.3%), Manganese: 0.29mg (14.32%), Copper: 0.25mg (12.37%), Vitamin B2: 0.2mg (11.75%), Phosphorus: 93.3mg (9.33%), Iron: 1.62mg (8.98%), Magnesium: 35.68mg (8.92%), Fiber: 2.03g (8.13%), Folate: 27.09µg (6.77%), Vitamin B1: 0.08mg (5.5%), Vitamin A: 261.34IU (5.23%), Vitamin E: 0.75mg (5.01%), Vitamin C: 4.05mg (4.91%), Potassium: 169.81mg (4.85%), Zinc: 0.69mg (4.59%), Calcium: 37.7mg (3.77%), Vitamin B3: 0.66mg (3.31%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.19µg (3.16%), Vitamin D: 0.32µg (2.17%), Vitamin B6: 0.04mg (2.14%), Vitamin K: 1.28µg (1.22%)