



## Toasted-Hazelnut Cake

 Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



379 kcal

DESSERT

### Ingredients

- ☐ 8 servings warm chocolate glaze sweet
- ☐ 4 large eggs separated at room temperature
- ☐ 8 ounces hazelnuts toasted
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup matzo meal
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

### Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ kitchen towels
- ☐ springform pan

## Directions

- ☐ Preheat oven to 350°F. and grease a 9-inch springform pan.
- ☐ Rub hot toasted nuts in a kitchen towel to remove some of skins, then cool completely.
- ☐ Pulse nuts, cake meal, and 1/4 cup sugar in a food processor until nuts are very finely chopped, being careful not to process to a paste.
- ☐ Beat yolks and 1/2 cup sugar in a large bowl with an electric mixer on high speed until pale and very thick. Stir in zest.
- ☐ Beat whites with salt in another bowl with cleaned beaters on high speed until soft peaks form. Gradually beat in remaining 1/4 cup sugar and beat until whites just hold stiff, glossy peaks.
- ☐ In 3 batches, alternately fold nut mixture and whites into yolk mixture.
- ☐ Spoon batter into pan and smooth top.
- ☐ Bake cake in middle of oven until golden and a tester comes out clean, about 35 minutes. Cool in pan on a rack 3 minutes, then loosen edge with a knife and remove side of pan. Cool completely. (Cake will sink slightly in center.)
- ☐ Invert cake onto a rack set over a shallow baking pan. Carefully loosen bottom of pan and remove.
- ☐ Pour warm glaze over cake, allowing it to drip down sides, and spread to coat evenly. Chill until glaze is set, about 5 minutes.
- ☐ Cake keeps, covered and chilled, 1 day. Bring to room temperature before serving.

## Nutrition Facts



**PROTEIN 8.02%** **FAT 45.26%** **CARBS 46.72%**

## Properties

Glycemic Index:10.64, Glycemic Load:17.75, Inflammation Score:-3, Nutrition Score:13.036521849425%

## Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

## Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 19.84g (30.52%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 43.16g (15.69%), Sugar: 38.36g (42.62%), Cholesterol: 93.15mg (31.05%), Sodium: 109.34mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Manganese: 1.79mg (89.47%), Vitamin E: 4.52mg (30.12%), Copper: 0.51mg (25.56%), Selenium: 10.27µg (14.67%), Vitamin B1: 0.21mg (14.02%), Phosphorus: 137.59mg (13.76%), Magnesium: 50.64mg (12.66%), Fiber: 2.91g (11.63%), Folate: 44.71µg (11.18%), Iron: 1.93mg (10.71%), Vitamin B6: 0.21mg (10.42%), Vitamin B2: 0.17mg (10.04%), Zinc: 1.06mg (7.06%), Potassium: 237.59mg (6.79%), Vitamin B5: 0.67mg (6.71%), Calcium: 50.07mg (5.01%), Vitamin K: 4.11µg (3.92%), Vitamin B12: 0.23µg (3.83%), Vitamin B3: 0.71mg (3.53%), Vitamin D: 0.5µg (3.33%), Vitamin A: 142.89IU (2.86%), Vitamin C: 2.11mg (2.56%)