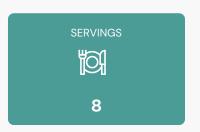


Toasted-HazeInut Cake

airy Free







DESSERT

Ingredients

o 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 cake meal
0.3 teaspoon salt

Equipment

1 cup sugar

	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

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, Catechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.3mg, Epigallocatechin: 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 %: O% (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%)