

Ukrainian Prune Torte

 Vegetarian

READY IN



95 min.

SERVINGS



6

CALORIES



916 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.8 cup blanched almonds and
- 1 cup butter
- 1 cup powdered sugar divided
- 1 eggs
- 2 cups flour all-purpose sifted
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon

- 16 ounces prune- cut to pieces pitted
- 1 pinch salt
- 1 cup water
- 1 cup granulated sugar white

Equipment

- food processor
- sauce pan
- baking paper
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 5 (8 inch) round pans.
- Grind the blanched almonds in a food processor with 1/4 cup confectioners' sugar. Cream the butter with the remaining 3/4 cup confectioners' sugar until light and fluffy. Beat in the egg. Stir in the almond extract, salt, and ground almond mixture.
- Add the flour and mix thoroughly. Divide the dough into 5 equal parts.
- Roll each piece between 2 sheets of waxed paper or parchment paper to fit the pans, or pat each piece of dough into the prepared pans.
- Bake in the preheated oven until the edges begin to brown, about 20 minutes.
- Remove from the pans while still hot.
- Place the prunes in a saucepan with the water. Bring to a boil, remove from heat and let stand for 10 minutes.
- Drain and reserve the liquid. Puree the prunes in a food processor.
- Return the prune puree to the saucepan and add the white sugar, cinnamon, lemon juice and 4 tablespoons reserved prune liquid. Bring the mixture to a boil, then remove from heat. Assemble the torte layers, spreading them with warm prune filling.
- Let stand for 24 hours before slicing.

Nutrition Facts



■ PROTEIN 4.43% ■ FAT 38.16% ■ CARBS 57.41%

Properties

Glycemic Index:38.18, Glycemic Load:58.74, Inflammation Score:-8, Nutrition Score:19.863043453382%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 915.51kcal (45.78%), Fat: 40.4g (62.15%), Saturated Fat: 20.43g (127.67%), Carbohydrates: 136.74g (45.58%), Net Carbohydrates: 128.52g (46.73%), Sugar: 82.63g (91.81%), Cholesterol: 108.62mg (36.21%), Sodium: 268.25mg (11.66%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 10.56g (21.13%), Vitamin K: 47.88µg (45.6%), Manganese: 0.86mg (43.02%), Vitamin E: 5.03mg (33.51%), Fiber: 8.22g (32.9%), Vitamin A: 1577.71IU (31.55%), Vitamin B2: 0.51mg (30.29%), Vitamin B1: 0.4mg (26.73%), Selenium: 17.81µg (25.45%), Folate: 92.03µg (23.01%), Copper: 0.45mg (22.5%), Vitamin B3: 4.46mg (22.29%), Magnesium: 84.46mg (21.11%), Potassium: 725.71mg (20.73%), Phosphorus: 196.35mg (19.64%), Iron: 3.34mg (18.58%), Vitamin B6: 0.21mg (10.33%), Calcium: 94.07mg (9.41%), Zinc: 1.23mg (8.23%), Vitamin B5: 0.71mg (7.09%), Vitamin B12: 0.13µg (2.16%), Vitamin C: 1.43mg (1.74%)