



Walnut-Date Torte

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 0.5 pound dates pitted finely chopped
- ☐ 4 large eggs separated at room temperature
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.7 cup matzo meal
- ☐ 1 tablespoon orange zest grated
- ☐ 8 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar divided

- ☐ 5 ounces walnuts cooled toasted
- ☐ 0.3 cup water
- ☐ 8 servings whipped cream unsweetened

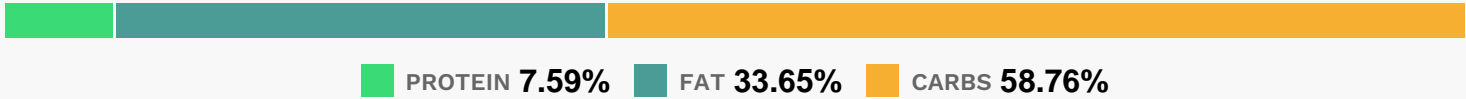
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350°F with rack in middle. Generously grease a 9- by 2-inch round cake pan with softened butter or vegetable oil and dust with some matzo meal, knocking out excess.
- ☐ Pour hot water over dates in a large bowl and let stand 15 minutes to soften.
- ☐ Pulse walnuts in a food processor until chopped, then add 1/4 cup sugar and pulse until nuts are finely ground.
- ☐ Add matzo meal (2/3 cup), zest, cardamom, and salt and pulse until combined.
- ☐ Beat egg whites with a pinch of salt in a bowl using an electric mixer at medium-high speed until they just hold soft peaks.
- ☐ Add remaining 1/2 cup sugar in a slow stream, beating until whites hold stiff glossy peaks.
- ☐ Whisk yolks into date mixture. Fold one third of yolk mixture into whites, then fold in remaining yolk mixture gently but thoroughly. Fold all of nut mixture into batter.
- ☐ Spoon batter into cake pan and bake until golden and springy to the touch and cake just begins to pull away from side of pan, 35 to 40 minutes. Cool in pan on a rack 30 minutes, then invert onto rack and cool completely.
- ☐ Cake can be made 2 days ahead and kept, in a sealed bag or wrapped tightly in plastic wrap, at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:23.63, Inflammation Score:-3, Nutrition Score:9.6091303825378%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 397.5kcal (19.88%), Fat: 15.61g (24.01%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 57.4g (20.87%), Sugar: 45.58g (50.64%), Cholesterol: 97.56mg (32.52%), Sodium: 110.33mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Manganese: 0.8mg (39.92%), Selenium: 13.95µg (19.93%), Copper: 0.37mg (18.5%), Fiber: 3.92g (15.68%), Phosphorus: 144.49mg (14.45%), Vitamin B2: 0.2mg (11.96%), Magnesium: 47.29mg (11.82%), Vitamin B6: 0.2mg (10.1%), Potassium: 324.04mg (9.26%), Folate: 36.89µg (9.22%), Iron: 1.65mg (9.18%), Vitamin B1: 0.13mg (8.91%), Vitamin B5: 0.72mg (7.25%), Zinc: 1.07mg (7.12%), Vitamin B3: 1.04mg (5.22%), Calcium: 52.22mg (5.22%), Vitamin B12: 0.24µg (4%), Vitamin A: 185.63IU (3.71%), Vitamin D: 0.52µg (3.49%), Vitamin E: 0.45mg (2.99%), Vitamin C: 1.39mg (1.68%), Vitamin K: 1.47µg (1.4%)