



White cake with marzipan and almonds

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



442 kcal

DESSERT

Ingredients

- 50 g almonds peeled thinly sliced
- 1 Tbs amaretto
- 3 teaspoons double-acting baking powder
- 1 cup butter softened
- 1 Tbs cornstarch
- 4 large egg whites room temperature
- 2 cups flour all-purpose
- 100 g marzipan crumbled

250 g sugar

Equipment

bowl

oven

toothpicks

Directions

Beat egg whites and only 2 tablespoons of sugar into stiff peaks.

Mix the remaining sugar, flour, corn starch and baking powder in a separate bowl. Sift the flour and sugar mixture into the egg whites; stir very gently the mixture until smooth. Stir in the melted butter.

Add half of the marzipan and amaretto, mix and combine.

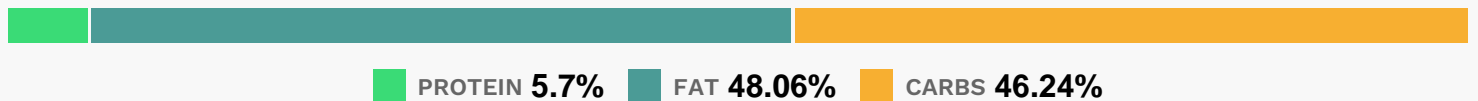
Pour the mixture into a suitable silicon mould (or regular round shape greased and sprinkled with bread crumbs).

Sprinkle the top with the rest of the marzipan and sliced almonds.

Bake the cake in the oven at 180C for 30 - 40 minutes or until done (the trick with a toothpick).

Let it completely cool in the mould, then turn onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:31.61, Inflammation Score:-5, Nutrition Score:8.2913043478261%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 441.83kcal (22.09%), Fat: 23.91g (36.78%), Saturated Fat: 12.11g (75.68%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 50.14g (18.23%), Sugar: 29.83g (33.14%), Cholesterol: 48.81mg (16.27%), Sodium: 299.37mg (13.02%), Alcohol: 0.39g (2.17%), Protein: 6.38g (12.76%), Manganese: 0.44mg (21.9%), Vitamin E: 3.02mg (20.14%), Selenium: 11.83µg (16.89%), Vitamin B2: 0.29mg (16.83%), Vitamin B1: 0.22mg (14.61%), Folate: 55.16µg (13.79%), Vitamin A: 568.57IU (11.37%), Phosphorus: 108.96mg (10.9%), Vitamin B3: 2.03mg (10.13%), Calcium: 100.27mg (10.03%), Iron: 1.7mg (9.44%), Magnesium: 35.3mg (8.82%), Copper: 0.14mg (6.92%), Fiber: 1.61g (6.44%), Potassium: 118.58mg (3.39%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.21mg (2.13%), Vitamin K: 1.66µg (1.58%), Vitamin B6: 0.02mg (1.16%)