Pecan and Apricot Torte

I wanted a light dessert to serve as an alternative to a heavier pie. I found this recipe in a pamphlet from the International Tree Nut Council, and it was excellent.

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: www.nuthealth.org

Tell us what you think!
#UALifeWork

Pecan and Apricot Torte
Serves: 8
Cook time: 20-30 minutes
Ready in 45 minutes

Ingredients
• 1 cup chopped pecans
• ¾ cup dried apricots
• ½ cup plain wheat flour
• Zest of ½ orange
• 4 egg whites
• ½ cup sugar

Directions
1. Preheat oven to 350 degrees. Lightly grease and flour an 8-9 inch pan.
2. Chop pecans and apricots finely and toss with flour and orange zest.
3. Beat egg whites until soft peaks form. While beating, gradually add the sugar and beat until the mixture is thick and glossy.
4. Using a large spoon, lightly fold in the pecan and apricot mixture until just blended.
5. Spoon mixture into the prepared pan; decorate with additional pecans if desired.
6. Bake for 20-30 minutes or until cake springs back when gently pressed with your finger.
7. Allow to cool in pan for 5-10 minutes before transferring to a metal rack or serving dish. Dust with powdered sugar if desired.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 210</th>
<th>Calories from Fat 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>35mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>28g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>19g</td>
<td></td>
</tr>
</tbody>
</table>

Protein 4g

Vitamin A 8%
Vitamin C 0%
Calcium 2%
Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories per gram</th>
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</thead>
<tbody>
<tr>
<td>Fat 9</td>
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</tbody>
</table>