



Cheddar-Veggie Appetizer Torte

READY IN



55 min.

SERVINGS



16

CALORIES



269 kcal

Ingredients

- 1.3 cups bread crushed finely
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- 0.3 cup butter melted
- 2 cups sharp cheddar cheese shredded
- 1 small zucchini finely chopped
- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 0.3 cup onion red finely chopped
- 0.3 cup bell pepper sweet red finely chopped
- 1 tablespoon olive oil

- 8 ounces alouette garlic & herbs spreadable cheese
- 4 large eggs lightly beaten
- 2 tablespoons bacon crumbled cooked
- 2 tablespoons parmesan cheese grated

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- springform pan

Directions

- In a small bowl, combine cracker crumbs and butter. Press onto the bottom of a greased 9-in. springform pan.
- Sprinkle with cheddar cheese. In a large skillet, saute the zucchini, mushrooms, onion and red pepper in oil until tender. Spoon over cheese.
- In a large bowl, beat cream cheese until smooth.
- Add eggs; beat on low speed just until combined. Stir in bacon.
- Pour over vegetable mixture.
- Sprinkle with Parmesan cheese.
- Place pan on a baking sheet.
- Bake at 375° for 30–35 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; remove sides of pan.
- Serve warm or chilled. Refrigerate leftovers.

Nutrition Facts



■ PROTEIN 16.4% ■ FAT 54.81% ■ CARBS 28.79%

Properties

Glycemic Index:22.15, Glycemic Load:10.45, Inflammation Score:-3, Nutrition Score:10.632608569187%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 269.37kcal (13.47%), Fat: 16.61g (25.55%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 17.03g (6.19%), Sugar: 2.38g (2.64%), Cholesterol: 85.07mg (28.36%), Sodium: 414.18mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Manganese: 0.87mg (43.51%), Selenium: 19.3µg (27.57%), Phosphorus: 190.78mg (19.08%), Calcium: 179.91mg (17.99%), Vitamin B2: 0.22mg (13.19%), Vitamin B1: 0.18mg (11.97%), Vitamin B3: 2.13mg (10.67%), Fiber: 2.61g (10.42%), Zinc: 1.5mg (9.98%), Magnesium: 38.72mg (9.68%), Vitamin A: 392.29IU (7.85%), Vitamin B6: 0.15mg (7.52%), Folate: 30.04µg (7.51%), Iron: 1.34mg (7.45%), Vitamin B5: 0.65mg (6.53%), Copper: 0.13mg (6.43%), Vitamin C: 4.67mg (5.66%), Potassium: 181.19mg (5.18%), Vitamin B12: 0.29µg (4.79%), Vitamin E: 0.71mg (4.75%), Vitamin K: 4.68µg (4.46%), Vitamin D: 0.35µg (2.36%)