



Cheese Mousse in a 'Cone' with Spicy Tomato Sauce and Arugula Pesto

READY IN



55 min.

SERVINGS



12

CALORIES



242 kcal

Ingredients

- 1 large bunch arugula
- 1 large bunch basil leaves
- 1 carrots peeled finely chopped
- 1 celery stalk finely chopped
- 0.5 cup chicken broth
- 1 cup chicken broth
- 0.5 cup feta
- 2 cloves garlic thinly sliced
- 0.5 cup goat cheese

- 12 servings kosher salt
- 12 servings kosher salt and pepper black freshly ground
- 1 cup milk plus more if needed
- 1 cup olive oil extra-virgin
- 0.5 cup parmesan grated
- 0.5 cup parmesan cheese grated
- 0.5 cup pinenuts
- 12 servings pepper flakes red
- 0.5 cup ricotta
- 3 scallions thinly sliced
- 16 ounce tomato purée canned
- 1 vidalia onion finely chopped
- 12 wonton wrappers
- 1 yukon gold potatoes peeled

Equipment

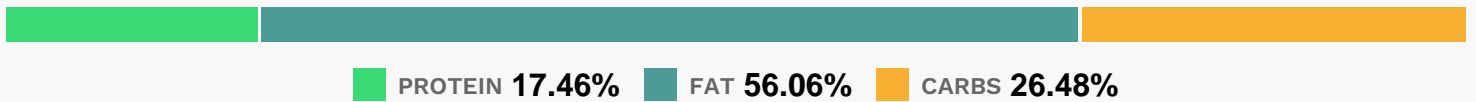
- food processor
- sauce pan
- oven
- mixing bowl
- muffin tray
- mini muffin tray

Directions

- Special equipment: Mini muffin pan
- Preheat the oven to 375 degrees F.
- Put the wrappers in a muffin pan and bake in the oven until golden brown, about 4 to 5 minutes.

- Marinara sauce: Put tomato puree, broth, carrot, celery, onion and garlic in a saucepan and cook over medium heat until reduced by 1/2
- Add salt and red pepper flakes, to taste.
- Arugula pesto: Put all of the ingredients in a food processor and puree until completely combined.
- Put the potato in a saucepan of cold salted water and bring to a boil over medium heat. Cook the potato until soft.
- Combine the cheeses in a mixing bowl. Dice the potato and add to the cheeses. Stir in the scallions and milk and mix until smooth. If necessary, add more milk to achieve a creamy texture. Season with salt and pepper, to taste. Cover and set aside.
- To serve, spoon some spicy tomato sauce into the bottom of each wonton 'cone', top with cheese mousse and finish with arugula pesto. Arrange them on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:45.22, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:14.971739209217%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 241.71kcal (12.09%), Fat: 15.62g (24.03%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 13.86g (5.04%), Sugar: 5.3g (5.89%), Cholesterol: 24.55mg (8.18%), Sodium: 694.5mg (30.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Vitamin A: 2086.03IU (41.72%), Manganese: 0.79mg (39.43%), Vitamin K: 30.45µg (29%), Calcium: 243.11mg (24.31%), Phosphorus: 222.35mg (22.23%), Vitamin B2: 0.29mg (16.85%), Vitamin E: 2.46mg (16.42%), Copper: 0.3mg (15.17%), Vitamin B6: 0.28mg (14.09%), Vitamin C: 10.21mg (12.38%), Iron: 2.19mg (12.17%), Magnesium: 48.54mg (12.13%), Selenium: 8.18µg (11.69%), Potassium: 408.13mg (11.66%), Fiber: 2.74g (10.96%), Vitamin B1: 0.16mg (10.96%), Folate: 40.03µg (10.01%), Zinc: 1.48mg (9.88%), Vitamin B3: 1.86mg (9.31%), Vitamin B12: 0.38µg (6.27%), Vitamin B5: 0.54mg (5.38%), Vitamin D: 0.35µg

(2.33%)