



Cherry Chutney Cheese Torte

READY IN



45 min.

SERVINGS



12

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 8 ounce bread baguette french cut into 1/4-inch slices
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup cherry chutney
- ☐ 0.3 cup egg substitute
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups yogurt plain low-fat
- ☐ 12 pecan halves
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ springform pan
- ☐ colander
- ☐ cheesecloth

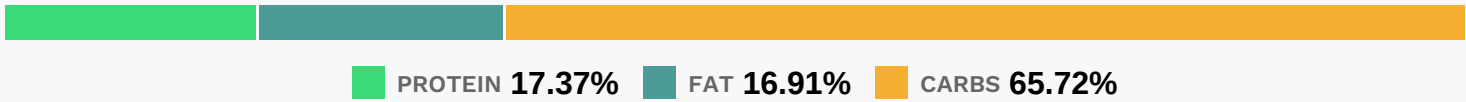
Directions

- ☐ Place colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into the colander. Cover loosely with plastic wrap; refrigerate for 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.
- ☐ Preheat oven to 325
- ☐ Place the yogurt cheese and cream cheese in a medium bowl; beat with a mixer at medium speed until smooth.
- ☐ Add sugar, egg substitute, juice, and salt; beat until combined.
- ☐ Pour cheese mixture into a 6-inch springform pan coated with cooking spray. Wrap bottom and sides of pan with foil.
- ☐ Place pan in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 325 for 30 minutes or until torte center barely moves when pan is touched.
- ☐ Remove torte from oven; run a knife around the outside edge. Cool to room temperature. Cover and chill at least 8 hours. Spoon Cherry Chutney over cooled torte; arrange pecan halves over the top.

☐

Serve with bread.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:4.9360869915589%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 110.52kcal (5.53%), Fat: 2.11g (3.25%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 17.81g (6.47%), Sugar: 9.12g (10.13%), Cholesterol: 2.45mg (0.82%), Sodium: 202.05mg (8.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Selenium: 8.93µg (12.75%), Vitamin B1: 0.17mg (11.28%), Vitamin B2: 0.19mg (11.25%), Calcium: 93.84mg (9.38%), Phosphorus: 87.61mg (8.76%), Manganese: 0.17mg (8.56%), Folate: 29.37µg (7.34%), Iron: 0.96mg (5.34%), Vitamin B3: 1mg (4.98%), Zinc: 0.68mg (4.52%), Potassium: 154.21mg (4.41%), Vitamin B5: 0.42mg (4.19%), Magnesium: 16.55mg (4.14%), Vitamin B12: 0.25µg (4.09%), Copper: 0.06mg (2.89%), Vitamin B6: 0.06mg (2.75%), Fiber: 0.67g (2.7%), Vitamin C: 1.25mg (1.52%), Vitamin E: 0.16mg (1.05%)