



## Egg Noodle, Chard, and Fontina Torte

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



390 kcal

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 pound eggs dried
- ☐ 8 large eggs
- ☐ 0.5 pound fontina italian cut into 1/2-inch cubes
- ☐ 2 garlic clove finely chopped
- ☐ 5 ounces mascarpone cheese
- ☐ 0.3 cup olive oil
- ☐ 1 large onion halved lengthwise cut lengthwise into 1/4-inch-thick slices
- ☐ 1.3 teaspoons salt

- ☐ 2 pounds swiss chard green
- ☐ 1 cup milk whole

## Equipment

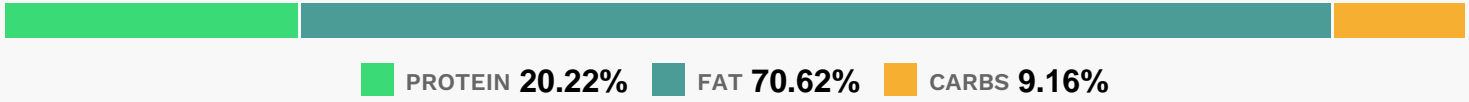
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ springform pan
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board

## Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Grease pan with 2 teaspoons oil and wrap outside with foil.
- ☐ Cook chard in a 5- to 6-quart pot of boiling salted water, uncovered, until just tender, about 3 minutes.
- ☐ Transfer with a slotted spoon to a sieve set over a bowl. Reserve cooking water in pot. Press hard on chard to extract as much water as possible, then transfer to a cutting board and chop.
- ☐ Cook onion in 3 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until softened and golden brown, about 15 minutes.
- ☐ Add garlic and cook, stirring, 1 minute. Stir in chard, 1/2 teaspoon salt, and 1/4 teaspoon pepper and remove from heat. Cool chard mixture to warm.

- ☐ While chard cools, return cooking water to a boil and cook fettuccine, uncovered, until al dente.
- ☐ Drain pasta in a colander, then transfer to a large bowl and toss with remaining teaspoon oil. Blend together eggs, milk, mascarpone, and remaining 3/4 teaspoon salt and 1/4 teaspoon pepper in a blender until smooth.
- ☐ Stir chard and Fontina into pasta mixture, then stir in egg mixture.
- ☐ Pour into greased springform pan set in a large shallow baking pan (to catch any drips). Pat down chard to make surface even if necessary.
- ☐ Bake until just set and top is golden brown, 50 minutes to 1 hour. Cool in springform pan on a rack 10 minutes, then run a small sharp knife around inside edge of pan to loosen torte.
- ☐ Remove side of pan and serve torte hot or warm.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:26.471304333728%

## Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

## Nutrients (% of daily need)

Calories: 390.23kcal (19.51%), Fat: 30.87g (47.5%), Saturated Fat: 13.96g (87.23%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.82g (2.48%), Sugar: 4.19g (4.66%), Cholesterol: 292.99mg (97.66%), Sodium: 945.19mg (41.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Vitamin K: 946.58µg (901.51%), Vitamin A: 7839.4IU (156.79%), Vitamin C: 35.64mg (43.2%), Selenium: 25.62µg (36.6%), Calcium: 318.53mg (31.85%), Phosphorus: 314.91mg (31.49%), Vitamin B2: 0.5mg (29.49%), Magnesium: 109.47mg (27.37%), Vitamin E: 3.89mg (25.91%), Manganese: 0.49mg (24.59%), Vitamin B12: 1.21µg (20.2%), Iron: 3.33mg (18.53%), Potassium: 614.42mg (17.55%), Zinc: 2.4mg (15.98%), Vitamin B6: 0.3mg (14.78%), Vitamin B5: 1.44mg (14.44%), Copper: 0.27mg (13.4%), Folate: 51.35µg (12.84%), Vitamin D: 1.79µg (11.93%), Fiber: 2.18g (8.72%), Vitamin B1: 0.1mg (6.95%), Vitamin B3: 0.6mg (3.02%)