



Goat Cheese Torta

 **Gluten Free**

READY IN



495 min.

SERVINGS



1

CALORIES



1647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce goat cheese
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 8 ounce cream cheese reduced-fat
- 0.3 cup pecans chopped
- 0.3 cup coconut or shredded sweetened
- 0.5 cup berry cranberry sauce whole

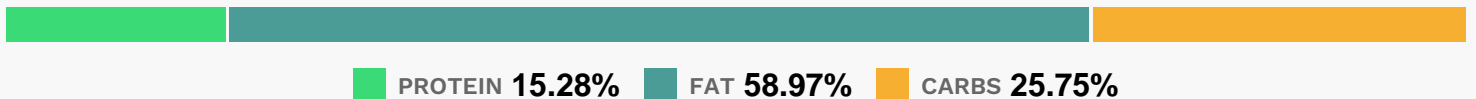
Equipment

- bowl
- plastic wrap
- springform pan

Directions

- Line a 6-inch springform pan with plastic wrap, and sprinkle half of the coconut and pecans evenly onto the bottom. Beat together the cream cheese, goat cheese, honey, and cinnamon in a bowl until no lumps of cheese remain.
- Spread half of the cheese into the springform pan, then spread the cranberry sauce on top. Carefully spread the remaining cheese over the cranberry sauce, and sprinkle with the remaining coconut and pecans. Cover the torta with a sheet of plastic wrap, and press down firmly to pack. Refrigerate overnight before serving.
- Remove the springform pan and plastic wrap to serve.

Nutrition Facts



Properties

Glycemic Index:67.27, Glycemic Load:9.17, Inflammation Score:-9, Nutrition Score:40.151304193165%

Flavonoids

Cyanidin: 3.07mg, Cyanidin: 3.07mg, Cyanidin: 3.07mg, Cyanidin: 3.07mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 1647kcal (82.35%), Fat: 110.35g (169.77%), Saturated Fat: 62.47g (390.47%), Carbohydrates: 108.43g (36.14%), Net Carbohydrates: 102.16g (37.15%), Sugar: 87.82g (97.57%), Cholesterol: 226.8mg (75.6%), Sodium: 1715.8mg (74.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.36g (128.71%), Manganese: 2.48mg

(124.25%), Copper: 2.18mg (109.04%), Phosphorus: 1032.61mg (103.26%), Vitamin B2: 1.36mg (79.97%), Vitamin A: 3674.68IU (73.49%), Calcium: 701.12mg (70.11%), Vitamin B12: 2.52µg (41.96%), Vitamin B6: 0.81mg (40.75%), Vitamin B5: 3.88mg (38.78%), Iron: 6.64mg (36.92%), Zinc: 5.15mg (34.32%), Vitamin B1: 0.46mg (30.52%), Selenium: 21.01µg (30.01%), Magnesium: 103.07mg (25.77%), Fiber: 6.27g (25.09%), Potassium: 865.44mg (24.73%), Folate: 80.04µg (20.01%), Vitamin E: 2.84mg (18.92%), Vitamin D: 1.59µg (10.58%), Vitamin K: 10.18µg (9.7%), Vitamin B3: 1.88mg (9.38%), Vitamin C: 2.04mg (2.47%)