



Goat Cheese Torta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 sprigs garnishes: basil pecans fresh
- ☐ 8 ounce cream cheese softened
- ☐ 1 slices baguette french
- ☐ 4 garlic cloves minced
- ☐ 10.5 ounce goat cheese
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup garden pesto
- ☐ 0.5 teaspoon salt

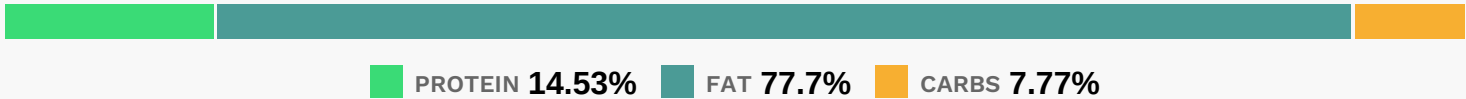
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Process first 5 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Line a 2- or 3-cup glass bowl with plastic wrap, allowing 3 inches to hang over sides.
- ☐ Spread half of cheese mixture into bowl; top evenly with 1/2 to 3/4 cup Garden Pesto. Top with remaining half of cheese mixture. Cover and chill 8 hours.
- ☐ Invert chilled torta onto a serving platter; remove plastic wrap.
- ☐ Garnish, if desired.
- ☐ Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:28.84, Glycemic Load:1.89, Inflammation Score:-6, Nutrition Score:5.5569565192513%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 270.25kcal (13.51%), Fat: 23.45g (36.08%), Saturated Fat: 12.17g (76.04%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.89g (1.78%), Sugar: 2.1g (2.33%), Cholesterol: 46.99mg (15.66%), Sodium: 541.21mg (23.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin A: 1091.24IU (21.82%), Copper: 0.29mg (14.44%), Phosphorus: 131.92mg (13.19%), Vitamin B2: 0.22mg (13.02%), Calcium: 112.27mg (11.23%), Vitamin B6: 0.13mg (6.61%), Selenium: 4.39µg (6.26%), Iron: 1.01mg (5.59%), Manganese: 0.1mg (4.76%), Vitamin B5: 0.44mg

(4.4%), Vitamin B1: 0.06mg (3.93%), Zinc: 0.54mg (3.57%), Folate: 11.52µg (2.88%), Magnesium: 10.19mg (2.55%), Vitamin K: 2.55µg (2.43%), Vitamin B12: 0.13µg (2.22%), Vitamin E: 0.33mg (2.17%), Vitamin B3: 0.38mg (1.9%), Potassium: 59.67mg (1.7%), Fiber: 0.38g (1.53%)