



Harvest Torte

READY IN



100 min.

SERVINGS



8

CALORIES



366 kcal

Ingredients

- ☐ 0.5 cup onion coarsely chopped
- ☐ 2 cloves garlic
- ☐ 1 cup water
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup milk
- ☐ 12 oz angel hair pasta (capellini)
- ☐ 12 oz finely-chopped ham diced cooked

- ☐ 6 oz mozzarella fresh shredded
- ☐ 0.8 cup cranberries dried
- ☐ 0.5 cup spring onion sliced (5 medium)
- ☐ 1 tablespoon rosemary dried fresh chopped
- ☐ 2 eggs slightly beaten

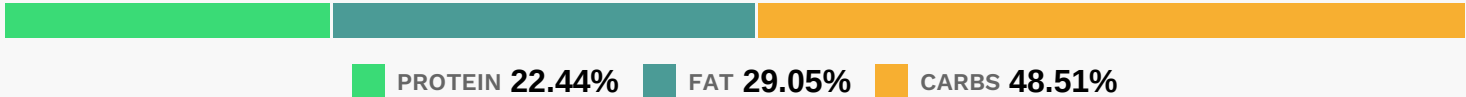
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ In 3-quart saucepan, mix all sauce ingredients except milk.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer about 20 minutes or until squash is tender. Carefully spoon squash and cooking liquid into blender.
- ☐ Add milk. Cover and blend on medium speed until smooth.
- ☐ Heat oven to 375°F. Grease and flour 10-inch springform pan. Cook and drain pasta as directed on package. Return pasta to saucepan.
- ☐ Add remaining torte ingredients and sauce; stir to mix. Spoon into pan. Cover with foil.
- ☐ Bake covered 45 to 50 minutes or until hot. Uncover; cool in pan on cooling rack 10 minutes; remove side of pan.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:13.59, Inflammation Score:-5, Nutrition Score:14.609565175098%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 365.73kcal (18.29%), Fat: 11.79g (18.14%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 41.85g (15.22%), Sugar: 10.97g (12.19%), Cholesterol: 90.59mg (30.2%), Sodium: 814mg (35.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.97%), Selenium: 42.85µg (61.22%), Phosphorus: 325.02mg (32.5%), Manganese: 0.5mg (24.82%), Vitamin B12: 1.27µg (21.11%), Vitamin B1: 0.3mg (19.71%), Zinc: 2.45mg (16.32%), Vitamin B2: 0.27mg (15.98%), Calcium: 157.91mg (15.79%), Vitamin C: 12.24mg (14.83%), Vitamin K: 14.52µg (13.82%), Vitamin B3: 2.4mg (11.98%), Vitamin B6: 0.24mg (11.96%), Magnesium: 42.83mg (10.71%), Copper: 0.21mg (10.38%), Fiber: 2.44g (9.75%), Potassium: 312.75mg (8.94%), Vitamin B5: 0.86mg (8.58%), Iron: 1.45mg (8.06%), Vitamin A: 361.07IU (7.22%), Folate: 22.35µg (5.59%), Vitamin E: 0.54mg (3.6%), Vitamin D: 0.47µg (3.15%)