



Herbed Summer Squash and Potato Torte with Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 bunch green onions thinly sliced
- ☐ 0.8 teaspoon ground pepper black
- ☐ 6 teaspoons olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 1.5 teaspoons salt
- ☐ 12 ounces crookneck squash yellow cut into 1/8-inch-thick rounds
- ☐ 2 pounds yukon gold potatoes peeled cut into 1/8-inch-thick rounds

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.
- ☐ Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly.
- ☐ Layer 1/4 of squash in concentric circles atop potatoes.
- ☐ Drizzle with 1 teaspoon oil.
- ☐ Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil.
- ☐ Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes.
- ☐ Drizzle with 1 teaspoon oil.
- ☐ Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.
- ☐ Cover pans with foil.
- ☐ Bake until potatoes are almost tender, about 40 minutes.
- ☐ Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.)
- ☐ Cut each torte into wedges.
- ☐ Sprinkle wedges with 1/4 cup green onions; serve.

Nutrition Facts



 PROTEIN **13.44%**  FAT **30.04%**  CARBS **56.52%**

Properties

Glycemic Index:33.47, Glycemic Load:15.65, Inflammation Score:-10, Nutrition Score:14.87043454984%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 194.74kcal (9.74%), Fat: 6.69g (10.29%), Saturated Fat: 2.4g (15%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 24.67g (8.97%), Sugar: 1.9g (2.12%), Cholesterol: 10.88mg (3.63%), Sodium: 663.98mg (28.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Vitamin A: 4703.23IU (94.06%), Vitamin C: 33.23mg (40.28%), Vitamin B6: 0.42mg (20.82%), Potassium: 668.32mg (19.09%), Manganese: 0.33mg (16.38%), Phosphorus: 162.28mg (16.23%), Calcium: 151.64mg (15.16%), Fiber: 3.64g (14.58%), Magnesium: 47.66mg (11.91%), Vitamin K: 11.16µg (10.63%), Vitamin B1: 0.15mg (10.24%), Vitamin B3: 1.86mg (9.3%), Folate: 36.15µg (9.04%), Iron: 1.56mg (8.67%), Copper: 0.17mg (8.55%), Selenium: 5.59µg (7.99%), Vitamin E: 1.14mg (7.59%), Zinc: 0.98mg (6.52%), Vitamin B2: 0.1mg (6.12%), Vitamin B5: 0.56mg (5.63%), Vitamin B12: 0.17µg (2.81%)