



## Italian Potato Torta

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 pounds baking potatoes cubed peeled
- 14.5 ounce canned tomatoes diced italian-style drained canned
- 1 large eggs
- 0.5 cup flour all-purpose
- 2 garlic minced
- 0.3 teaspoon seasoning dried italian
- 2 teaspoons olive oil
- 3 ounces parmesan fresh grated
- 4 ounces part-skim mozzarella cheese shredded

0.1 teaspoon salt

## Equipment

frying pan

sauce pan

oven

cake form

potato masher

## Directions

Preheat oven to 45

Place potatoes in a saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender.

Drain. Return potatoes to pan; add flour, oil, salt, and egg. Mash potato mixture with a potato masher until smooth.

Spread potato mixture into a 9-inch round cake pan coated with cooking spray.

Combine seasoning, garlic, and tomatoes; spread evenly over potato mixture.

Combine cheeses, and sprinkle over tomato mixture.

Bake at 450 for 25 minutes or until golden.

Let stand 20 minutes.

Cut torta into 4 wedges.

Garnish with thyme, if desired.

## Nutrition Facts



PROTEIN 21.13%  FAT 27.69%  CARBS 51.18%

## Properties

Glycemic Index:64.94, Glycemic Load:39.26, Inflammation Score:0, Nutrition Score:22.8765216703%

## 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: 440.01kcal (22%), Fat: 13.81g (21.24%), Saturated Fat: 7.14g (44.65%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 52.38g (19.05%), Sugar: 6.35g (7.06%), Cholesterol: 79.1mg (26.37%), Sodium: 752.74mg (32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.41%), Calcium: 548.3mg (54.83%), Phosphorus: 464.95mg (46.5%), Vitamin B6: 0.93mg (46.3%), Potassium: 1213.6mg (34.67%), Manganese: 0.65mg (32.41%), Selenium: 19.63µg (28.04%), Vitamin C: 21.24mg (25.74%), Vitamin B1: 0.38mg (25.6%), Vitamin B2: 0.41mg (24.24%), Iron: 4.31mg (23.92%), Copper: 0.44mg (22.16%), Magnesium: 87.72mg (21.93%), Vitamin B3: 4.35mg (21.73%), Fiber: 5.04g (20.16%), Folate: 79.99µg (20%), Zinc: 2.51mg (16.74%), Vitamin B5: 1.27mg (12.72%), Vitamin E: 1.84mg (12.29%), Vitamin A: 595.11IU (11.9%), Vitamin K: 11.92µg (11.36%), Vitamin B12: 0.6µg (9.98%), Vitamin D: 0.44µg (2.94%)