



Mascarpone Torta with Pesto



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices baguette thin
- ☐ 12 servings cilantro pesto or
- ☐ 12 servings tomato tapenade

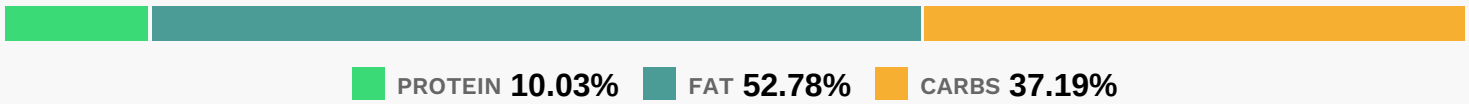
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Line a wide-mouth, 2- to 3-cup noncorrosive container with two smooth layers of cheesecloth or a clean, dry muslin or linen towel. In a bowl, beat the cheese with an electric mixer on medium speed until soft and spreadable.
- ☐ Press a fourth of the cheese evenly over bottom of container.
- ☐ Spread a third of the pesto evenly over cheese to edges of container. Repeat steps to layer remaining cheese and pesto, ending with cheese. Fold edges of cloth over cheese and press gently to compact. Cover airtight and chill until firm, at least 1 hour or up to 1 day.
- ☐ Fold back cloth; invert a plate over torta and then, holding plate and container together, invert torta onto plate. Peel off cloth. If desired, garnish with cilantro sprigs.
- ☐ Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:7.6382608491441%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 97.36kcal (4.87%), Fat: 5.98g (9.2%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.34g (5.93%), Cholesterol: 1.2mg (0.4%), Sodium: 165.73mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Vitamin A: 1801.8IU (36.04%), Vitamin C: 24.66mg (29.89%), Vitamin K: 14.3µg (13.62%), Potassium: 429.91mg (12.28%), Manganese: 0.22mg (10.88%), Fiber: 2.46g (9.82%), Folate: 29.85µg (7.46%), Vitamin B6: 0.15mg (7.34%), Vitamin E: 0.98mg (6.53%), Vitamin B3: 1.19mg (5.95%), Vitamin B1: 0.08mg (5.47%), Copper: 0.11mg (5.47%), Magnesium: 20.49mg (5.12%), Phosphorus: 45.73mg (4.57%), Calcium: 44.95mg (4.49%), Iron: 0.67mg (3.69%), Vitamin B2: 0.04mg (2.52%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.17mg (1.7%)