



WHATSheATE



HEALTH SCORE

54%

Mediterranean Torte

READY IN



45 min.

SERVINGS



8

CALORIES



737 kcal

Ingredients

- ☐ 14 ounce artichoke hearts canned
- ☐ 32 ounce bread dough frozen thawed
- ☐ 8 ounces finely-chopped ham cooked thinly sliced
- ☐ 1 large eggs
- ☐ 1 pound mushrooms fresh
- ☐ 20 ounce spinach frozen thawed chopped
- ☐ 6 ounce olives pitted ripe canned
- ☐ 12 ounce pepper red
- ☐ 8 ounces provolone cheese thinly sliced
- ☐ 8 ounces genoa salami thinly sliced

- ☐ 1 tablespoon water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Cut 1 bread loaf in half crosswise.
- ☐ Roll out 1 half on a lightly floured surface into a 10-inch circle. Cover, and set aside.
- ☐ Press together remaining 1 1/2 dough loaves, and roll out onto a lightly floured surface into a 12-inch circle. Fit dough into a 9-inch springform pan, allowing edges to overhang.
- ☐ Drain spinach, artichokes, red pepper strips, and olives. Press spinach and red pepper strips between layers of paper towels, and set aside.
- ☐ Saut mushrooms in a nonstick skillet 8 minutes; drain.
- ☐ Layer half of salami, mushrooms, and olives in dough-lined pan; top with half of cheese slices.
- ☐ Layer with half of ham, spinach, pepper strips, remaining salami, remaining ham, and artichokes; top with remaining cheese slices.
- ☐ Stir together egg and water; brush on overhanging pastry edges. Top torte with remaining pastry round. Fold overhanging edges over top pastry, crimping as necessary, and press to seal.
- ☐ Brush top with remaining egg mixture.
- ☐ Bake at 350 on bottom oven rack 30 to 35 minutes.
- ☐ Remove from oven, and cover with aluminum foil, if necessary, to prevent excessive browning.
- ☐ Bake 15 to 20 more minutes. Cool in pan on a wire rack.
- ☐ Remove sides of pan, and cut into wedges.

Nutrition Facts



 **PROTEIN 18.94%**  **FAT 33.84%**  **CARBS 47.22%**

Properties

Glycemic Index:14.88, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:41.601739188899%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 736.99kcal (36.85%), Fat: 28.41g (43.71%), Saturated Fat: 9.98g (62.36%), Carbohydrates: 89.19g (29.73%), Net Carbohydrates: 72.13g (26.23%), Sugar: 2.53g (2.82%), Cholesterol: 85.9mg (28.63%), Sodium: 2295.19mg (99.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Vitamin K: 334.2µg (318.29%), Manganese: 5.99mg (299.32%), Vitamin A: 8910.06IU (178.2%), Fiber: 17.06g (68.23%), Calcium: 515.83mg (51.58%), Copper: 0.96mg (48.16%), Phosphorus: 452.22mg (45.22%), Vitamin B2: 0.75mg (43.84%), Selenium: 30.64µg (43.78%), Vitamin B1: 0.58mg (38.98%), Magnesium: 154.21mg (38.55%), Iron: 6.72mg (37.35%), Potassium: 1234.17mg (35.26%), Folate: 127.46µg (31.87%), Vitamin B6: 0.57mg (28.55%), Vitamin B12: 1.69µg (28.1%), Vitamin B3: 5.59mg (27.93%), Zinc: 4.03mg (26.84%), Vitamin E: 3.44mg (22.96%), Vitamin B5: 2.29mg (22.94%), Vitamin C: 11.69mg (14.17%), Vitamin D: 0.38µg (2.53%)