



Melted Manchego Tortas with Romesco and Chorizo

READY IN



25 min.

SERVINGS



16

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 1 tablespoon chipotle chile canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup flat-leaf parsley leaves
- ☐ 1 garlic clove
- ☐ 1 cup manchego cheese shaved
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried

- ☐ 4 ounces bottled roasted bell peppers red drained
- ☐ 0.3 teaspoon salt
- ☐ 3 sandwich rounds whole-wheat (such as Nature's Own)
- ☐ 2 tablespoons sherry vinegar
- ☐ 4 ounces chorizo spanish cut into 32 (1/16-inch) slices

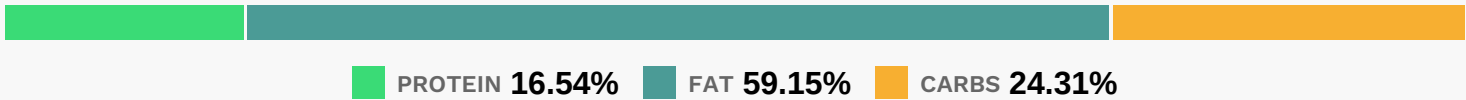
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 8 ingredients (through garlic); pulse until blended. Slowly add oil through food chute with food processor on; process until smooth. Set aside 1/4 cup sauce; reserve remaining sauce for another use.
- ☐ Split sandwich rounds; cut out 32 (1 1/4-inch) circles using a sharp round cookie cutter. Arrange bread in a single layer on a baking sheet; top evenly with cheese. Broil 3 minutes or until cheese melts.
- ☐ Remove from oven. Top each with 1 slice chorizo, 1/4 teaspoon romesco, and 1 parsley leaf.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:4.2430435030357%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 113.68kcal (5.68%), Fat: 7.45g (11.46%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.02g (2.19%), Sugar: 0.39g (0.44%), Cholesterol: 11.99mg (4%), Sodium: 235.92mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin K: 21.8µg (20.76%), Calcium: 99.68mg (9.97%), Manganese: 0.14mg (6.8%), Vitamin E: 1.01mg (6.72%), Selenium: 4.36µg (6.22%), Vitamin C: 5.03mg (6.09%), Iron: 0.8mg (4.44%), Vitamin A: 216.73IU (4.33%), Vitamin B2: 0.07mg (4.29%), Vitamin B1: 0.06mg (4.03%), Folate: 14.61µg (3.65%), Fiber: 0.87g (3.47%), Vitamin B3: 0.62mg (3.1%), Magnesium: 12.39mg (3.1%), Copper: 0.06mg (2.98%), Phosphorus: 27.28mg (2.73%), Potassium: 52.79mg (1.51%), Zinc: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.25%)