



Pasta and Greens Torte

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



411 kcal

Ingredients

- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 8 large eggs
- ☐ 8 oz blend cheese shredded italian
- ☐ 9 oz pasta refrigerated cut in half
- ☐ 1 cup milk
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup ricotta cheese
- ☐ 1.5 teaspoons salt

☐ 1 pound swiss chard fresh

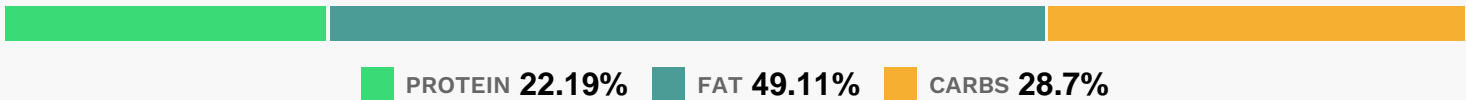
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ dutch oven
- ☐ salad spinner

Directions

- ☐ Bring 4 qt. water to a boil in a 6-qt. Dutch oven.
- ☐ While water comes to a boil, remove and discard stems and ribs from chard. Coarsely chop leaves. Wash chard thoroughly in cold water; drain well. Process eggs and next 5 ingredients in a blender until smooth.
- ☐ Add chard leaves and pasta to boiling water. Return water to a boil; boil 1 minute.
- ☐ Drain well, pressing out excess moisture from chard with the back of a spoon. Return pasta and greens to pan; toss until blended.
- ☐ Brush a 10" cast-iron skillet with olive oil. Arrange pasta and greens in skillet; sprinkle with cheese.
- ☐ Pour egg mixture over cheese, pressing to submerge pasta and greens in liquid.
- ☐ Place skillet over medium heat for 2 minutes. Immediately transfer to hot oven.
- ☐ Bake at 400 for 25 minutes or until golden and set.
- ☐ Let stand 10 minutes before inverting onto a serving platter, if desired, and cutting into wedges.
- ☐ *It's easier to prepare greens if you chop or tear them first before cleaning in several washings of cold water.
- ☐ Drain well between washings, and finish with a whirl in a salad spinner to remove sandy grit.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:22.546956559886%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 411.08kcal (20.55%), Fat: 22.71g (34.93%), Saturated Fat: 6.67g (41.72%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.83g (10.12%), Sugar: 3.21g (3.57%), Cholesterol: 211.14mg (70.38%), Sodium: 721.44mg (31.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Vitamin K: 477.8µg (455.04%), Vitamin A: 3932.88IU (78.66%), Selenium: 41.11µg (58.72%), Manganese: 0.55mg (27.44%), Phosphorus: 265.72mg (26.57%), Vitamin B2: 0.4mg (23.66%), Calcium: 226.42mg (22.64%), Vitamin C: 17.1mg (20.73%), Magnesium: 76.54mg (19.13%), Vitamin E: 2.45mg (16.35%), Iron: 2.7mg (15.03%), Potassium: 436.64mg (12.48%), Copper: 0.24mg (12%), Zinc: 1.8mg (11.98%), Vitamin B12: 0.72µg (11.92%), Vitamin B5: 1.18mg (11.83%), Vitamin B6: 0.22mg (10.99%), Folate: 41.43µg (10.36%), Vitamin D: 1.4µg (9.32%), Fiber: 2.03g (8.12%), Vitamin B1: 0.09mg (6.24%), Vitamin B3: 0.88mg (4.41%)