



Pesto, Olive, and Roasted-Pepper Goat Cheese Torta

READY IN



540 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil pesto prepared
- 8 servings accompaniment: crackers
- 2 cups mild goat cheese soft softened at room temperature
- 3 tablespoons bottled olive paste black
- 0.3 cup bottled roasted peppers red rinsed drained finely chopped
- 8 servings vegetable oil for brushing pan

Equipment

- bowl
- frying pan
- paper towels
- baking paper
- sieve
- plastic wrap
- loaf pan

Directions

- Drain pesto in a small fine-mesh sieve set over a bowl 15 minutes, then discard excess oil.
- Lightly oil loaf pan and line with a sheet of plastic wrap large enough to allow a generous overhang on all 4 sides.
- Blot peppers well between paper towels to remove excess liquid.
- Spread about one fourth (1/2 cup) of cheese evenly over bottom of loaf pan and top with all of pesto, spreading evenly. Drop 1/2 cup cheese by tablespoons over pesto and spread gently to cover pesto.
- Top with chopped peppers, spreading evenly. Drop another 1/2 cup cheese by tablespoons over peppers and spread gently to cover peppers.
- Spread olive paste evenly on top, then drop remaining cheese by tablespoons over olive paste, spreading gently to cover olive paste. Cover pan with another sheet of plastic wrap and chill at least 8 hours.
- Remove plastic wrap from top of pan and invert torta onto a serving plate, then peel off remaining plastic wrap.
- Let torta stand at room temperature 20 minutes before serving.
- For a smoother-looking torta, oiled loaf pan can be lined with parchment paper instead of plastic wrap.
- Cut 1 long piece of parchment to line bottom and ends, leaving a 2-inch overhang, then trace and cut out 2 more pieces for sides of pan plus a 2-inch overhang.·Torta can be chilled in pan up to 24 hours.
- Let torta stand at room temperature 20 minutes before serving.

Nutrition Facts

PROTEIN 12.42% FAT 76.22% CARBS 11.36%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:8.6239131481751%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 387.43kcal (19.37%), Fat: 33.02g (50.79%), Saturated Fat: 11.84g (73.98%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 10.42g (3.79%), Sugar: 2.07g (2.3%), Cholesterol: 26.73mg (8.91%), Sodium: 529.12mg (23.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.21%), Vitamin K: 34.81µg (33.15%), Copper: 0.44mg (22.23%), Phosphorus: 189.96mg (19%), Vitamin A: 777.01IU (15.54%), Vitamin B2: 0.26mg (15.27%), Vitamin E: 1.92mg (12.8%), Calcium: 119.92mg (11.99%), Iron: 1.89mg (10.51%), Vitamin B6: 0.16mg (8.01%), Manganese: 0.15mg (7.51%), Vitamin B1: 0.11mg (7.48%), Vitamin B3: 1.06mg (5.28%), Folate: 19.12µg (4.78%), Vitamin B5: 0.45mg (4.47%), Zinc: 0.63mg (4.19%), Selenium: 2.37µg (3.38%), Magnesium: 12.93mg (3.23%), Fiber: 0.64g (2.57%), Vitamin C: 2.03mg (2.47%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%), Potassium: 41.44mg (1.18%)