



Pesto Torta (Layered Spread)



Vegetarian



Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 1 cup pesto
- ☐ 12 ounce roasted bell peppers red

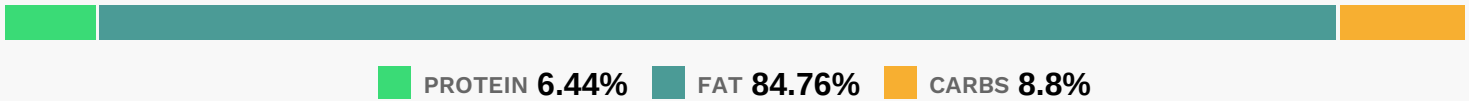
Equipment

- ☐ plastic wrap
- ☐ loaf pan
- ☐ rolling pin

Directions

- ☐ Slice each block of cream cheese lengthwise. Line a loaf pan with plastic wrap.
- ☐ Place one strip of cream cheese between two layers of plastic wrap. Flatten the cheese with a rolling pin until it is the same size as the loaf pan's bottom.
- ☐ Place the cream cheese into the loaf pan.
- ☐ Spread pesto (about 1/4 inch thick) over the cream cheese. Repeat this process until all of the pesto and cream cheese has been used. The final layer should be cream cheese. Fold the plastic wrap over the final layer, and refrigerate for at least 3 hours.
- ☐ When you are ready to serve, gently remove the torta from the loaf pan. Unwrap the plastic wrap.
- ☐ Place drained, roasted red peppers over the top of the torta.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:5.8721739572027%

Nutrients (% of daily need)

Calories: 326.07kcal (16.3%), Fat: 31.1g (47.85%), Saturated Fat: 13.46g (84.1%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.12g (3.47%), Cholesterol: 59.75mg (19.92%), Sodium: 1050.04mg (45.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Vitamin A: 1607.55IU (32.15%), Vitamin C: 19.77mg (23.97%), Calcium: 122.34mg (12.23%), Vitamin B2: 0.14mg (8.42%), Selenium: 5µg (7.15%), Phosphorus: 69.17mg (6.92%), Vitamin B6: 0.11mg (5.37%), Fiber: 1.01g (4.03%), Potassium: 136.93mg (3.91%), Manganese: 0.07mg (3.71%), Vitamin B5: 0.34mg (3.39%), Copper: 0.07mg (3.27%), Vitamin E: 0.49mg (3.25%), Iron: 0.58mg (3.24%), Folate: 11.91µg (2.98%), Magnesium: 9.78mg (2.45%), Zinc: 0.36mg (2.4%), Vitamin B12: 0.12µg (2.08%), Vitamin B1: 0.02mg (1.58%), Vitamin B3: 0.29mg (1.43%), Vitamin K: 1.19µg (1.13%)