



Potato and Greens Torta

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula packed
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 2 large eggs lightly beaten
- ☐ 2 ounces fontina shredded
- ☐ 3 garlic clove minced
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 ounce pecorino cheese fresh grated
- ☐ 4 cups the of 1 cos lettuce

- ☐ 3.5 teaspoons sea salt divided fine
- ☐ 2 cups pkt spinach fresh packed
- ☐ 1.5 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato ricer

Directions

- ☐ Preheat oven to 375
- ☐ Place potatoes and 1 tablespoon salt in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain; cool slightly. Peel potatoes; discard peels. Press cooked potatoes through a ricer into a large bowl.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; cook 2 minutes, stirring frequently. Stir in romaine, spinach, and arugula; cook 1 minute or until greens wilt, tossing frequently.
- ☐ Remove greens from pan; finely chop.
- ☐ Add greens, milk, fontina, eggs, and remaining 1/2 teaspoon salt to potatoes; stir well to combine. Coat a 9-inch pie plate with cooking spray; dust with breadcrumbs.
- ☐ Add potato mixture to prepared dish.
- ☐ Bake at 375 for 25 minutes.
- ☐ Remove from oven; sprinkle with pecorino.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 18.25%**  **FAT 35.25%**  **CARBS 46.5%**

Properties

Glycemic Index:38.63, Glycemic Load:14.82, Inflammation Score:-10, Nutrition Score:20.2634784968%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 3.88mg, Kaempferol: 3.88mg, Kaempferol: 3.88mg, Kaempferol: 3.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 227.93kcal (11.4%), Fat: 9.07g (13.96%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 23.19g (8.43%), Sugar: 3g (3.33%), Cholesterol: 79.45mg (26.48%), Sodium: 1577.65mg (68.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin K: 92.04µg (87.65%), Vitamin A: 4043.38IU (80.87%), Vitamin C: 27.91mg (33.83%), Folate: 101.73µg (25.43%), Vitamin B6: 0.45mg (22.72%), Phosphorus: 212.65mg (21.26%), Manganese: 0.42mg (20.87%), Potassium: 711.96mg (20.34%), Calcium: 192.42mg (19.24%), Fiber: 3.74g (14.94%), Vitamin B2: 0.25mg (14.88%), Selenium: 9.73µg (13.89%), Vitamin B1: 0.19mg (12.9%), Magnesium: 51.49mg (12.87%), Iron: 2.2mg (12.23%), Copper: 0.19mg (9.54%), Zinc: 1.34mg (8.94%), Vitamin B3: 1.78mg (8.88%), Vitamin B5: 0.84mg (8.38%), Vitamin B12: 0.48µg (8.03%), Vitamin E: 0.84mg (5.61%), Vitamin D: 0.41µg (2.76%)