



RITZ Spinach-Cheese Torte

READY IN



65 min.

SERVINGS



5

CALORIES



685 kcal

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 0.3 cup butter melted ()
- 0.7 cup knudsen cream sour
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 0.3 tsp ground pepper red (cayenne)
- 0.8 cup parmesan cheese grated kraft
- 34 ritz crackers divided
- 0.3 cup roasted peppers red chopped
- 10 oz pkt spinach frozen dry thawed drained chopped

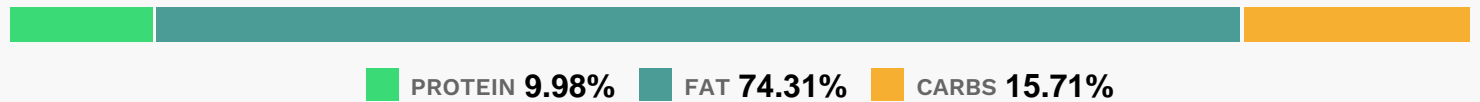
Equipment

- bowl
- oven
- blender
- springform pan

Directions

- Heat oven to 350F.
- Crush 20 crackers; mix with butter. Press onto bottom of 9-inch springform pan. Stand remaining whole crackers around inside edge of pan.
- Beat cream cheese and sour cream in large bowl with mixer until well blended.
- Add eggs, 1 at a time, beating on low speed after each just until blended. Stir in remaining ingredients.
- Pour into crust.
- Bake 45 to 50 min. or until top is puffed and center is set. Cool slightly. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:24.507391494253%

Nutrients (% of daily need)

Calories: 684.84kcal (34.24%), Fat: 57.26g (88.09%), Saturated Fat: 27.33g (170.84%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 23.8g (8.65%), Sugar: 7.18g (7.98%), Cholesterol: 188.24mg (62.75%), Sodium: 1299.72mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.6%), Vitamin K: 223.87µg (213.21%), Vitamin A: 8762.56IU (175.25%), Calcium: 372.39mg (37.24%), Selenium: 23.96µg (34.23%), Vitamin B2: 0.58mg (34.15%), Phosphorus: 338.07mg (33.81%), Folate: 117.41µg (29.35%), Manganese: 0.55mg (27.67%), Vitamin E: 3.89mg (25.95%), Magnesium: 66.24mg (16.56%), Iron: 2.54mg (14.13%), Fiber: 3.44g (13.78%), Potassium: 447.22mg (12.78%), Zinc: 1.89mg (12.59%), Vitamin B1: 0.18mg (12.32%), Vitamin B6: 0.23mg (11.54%), Vitamin B5: 1.08mg (10.8%), Vitamin B12: 0.63µg (10.57%), Vitamin C: 6.74mg (8.17%), Copper: 0.16mg (7.84%), Vitamin B3: 1.47mg (7.34%), Vitamin D: 0.43µg (2.85%)