



Sausage, Roasted Red Pepper, and Spinach Torta Rustica

READY IN



45 min.

SERVINGS



8

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces baby spinach leaves fresh
- ☐ 16.3 inch thick baguette
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon coarse kosher salt
- ☐ 6 large eggs
- ☐ 1.5 cups fontina divided grated
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup heavy whipping cream

- ☐ 1 pound sausage sweet italian
- ☐ 0.8 cup roasted peppers diced red drained (from 12-ounce jar)
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Preheat oven to 350°F. Butter 8x8x2-inch baking dish.
- ☐ Place 8 baguette slices in bottom of dish; press 2 baguette slices onto each side. Melt 1 tablespoon butter in large pot over medium-high heat.
- ☐ Add spinach; toss until just wilted, about 3 minutes.
- ☐ Transfer spinach to strainer; cool. Squeeze spinach dry.
- ☐ Transfer to medium bowl.
- ☐ Heat same pot over medium-high heat.
- ☐ Add sausage. Sauté until cooked through, breaking up, about 7 minutes.
- ☐ Mix into spinach; mix in 1 cup cheese and peppers.
- ☐ Spread atop baguette slices in bottom of dish.
- ☐ Whisk eggs in medium bowl to blend.
- ☐ Whisk in last 4 ingredients.
- ☐ Pour over spinach mixture and stir lightly with fork to distribute evenly.
- ☐ Sprinkle remaining 1/2 cup cheese over.
- ☐ Bake torta until puffed and golden and center is set, about 55 minutes.
- ☐ Remove from oven and let rest 15 minutes before serving.

Nutrition Facts

 **PROTEIN 18.06%**  **FAT 75.71%**  **CARBS 6.23%**

Properties

Glycemic Index:34.84, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:26.563043428504%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 503.74kcal (25.19%), Fat: 42.51g (65.4%), Saturated Fat: 20.69g (129.29%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.28g (3.64%), Cholesterol: 252.34mg (84.11%), Sodium: 1232.45mg (53.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Vitamin K: 207.57µg (197.69%), Vitamin A: 5015.03IU (100.3%), Selenium: 32.01µg (45.73%), Phosphorus: 317.34mg (31.73%), Vitamin B2: 0.52mg (30.4%), Vitamin B1: 0.43mg (28.79%), Folate: 115.02µg (28.75%), Calcium: 278.26mg (27.83%), Vitamin B12: 1.48µg (24.68%), Manganese: 0.48mg (24.17%), Vitamin C: 19.36mg (23.47%), Vitamin B6: 0.4mg (19.76%), Zinc: 2.85mg (19.03%), Iron: 2.86mg (15.87%), Potassium: 549.21mg (15.69%), Magnesium: 58.17mg (14.54%), Vitamin B3: 2.57mg (12.87%), Vitamin B5: 1.21mg (12.15%), Vitamin D: 1.71µg (11.4%), Vitamin E: 1.67mg (11.13%), Copper: 0.16mg (8.09%), Fiber: 1.22g (4.87%)