



Showstopping Appetizer Torte

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

217 kcal

Ingredients

- ☐ 7 ounce pineapple crushed drained canned
- ☐ 32 ounce cream cheese divided softened
- ☐ 2 teaspoons mint leaves dried
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon mayonnaise
- ☐ 3 tablespoons mustard-mayonnaise sauce divided
- ☐ 2 teaspoons orange extract
- ☐ 1.3 cups orange marmalade divided
- ☐ 2 tablespoons orange peel dried

- ☐ 1 halves garnish: pecan toasted
- ☐ 1.5 cups pecans chopped
- ☐ 8 ounce sharp cheddar cheese shredded refrigerated

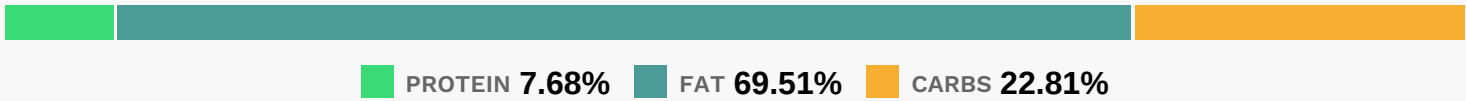
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ springform pan

Directions

- ☐ Bake chopped pecans in a shallow pan at 300, stirring occasionally, 7 to 10 minutes or until lightly toasted. Cool.
- ☐ Process 2 packages cream cheese, 2 tablespoons mustard-mayonnaise sauce, and next 4 ingredients in a food processor until blended, stopping to scrape down sides. Press mixture into bottom of a plastic wrap-lined 9-inch springform pan, and sprinkle with chopped pecans.
- ☐ Process remaining 2 packages cream cheese, remaining 1 tablespoon mustard-mayonnaise sauce, 2/3 cup orange marmalade, and next 3 ingredients in food processor until smooth, stopping to scrape down sides.
- ☐ Spread mixture over pecans, pressing until smooth. Cover and chill up to 3 days.
- ☐ Remove from pan; spread with remaining marmalade, and garnish, if desired.
- ☐ Serve with gingersnaps.
- ☐ NOTE: For testing purposes only, we used Durkee mustard-mayonnaise sauce.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:4.4556521669678%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 216.54kcal (10.83%), Fat: 17.34g (26.68%), Saturated Fat: 7.96g (49.75%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 11.94g (4.34%), Sugar: 10.39g (11.54%), Cholesterol: 38.3mg (12.77%), Sodium: 171.78mg (7.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Manganese: 0.27mg (13.34%), Vitamin A: 519.71IU (10.39%), Calcium: 96.08mg (9.61%), Phosphorus: 85.71mg (8.57%), Selenium: 5.59µg (7.99%), Vitamin B2: 0.12mg (6.94%), Vitamin K: 5.29µg (5.04%), Copper: 0.1mg (4.82%), Zinc: 0.71mg (4.72%), Vitamin B1: 0.06mg (3.81%), Magnesium: 14.02mg (3.5%), Fiber: 0.87g (3.47%), Vitamin E: 0.43mg (2.89%), Vitamin C: 2.19mg (2.65%), Vitamin B5: 0.26mg (2.62%), Potassium: 89.84mg (2.57%), Vitamin B12: 0.15µg (2.45%), Vitamin B6: 0.04mg (2.24%), Folate: 8.54µg (2.14%), Iron: 0.3mg (1.69%)