



WHATSheATE



Sun-Dried Tomato and Pesto Torta

READY IN



45 min.

SERVINGS



20

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices crusty baguette toasted
- ☐ 20 servings basil fresh
- ☐ 0.8 cup butter room temperature
- ☐ 21 ounces cream cheese room temperature
- ☐ 1.5 cups basil fresh packed ()
- ☐ 4 garlic clove
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.3 cups sun-dried olives drained
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 20 servings pinenuts toasted
- ☐ 0.3 cup tomato paste

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Finely chop garlic in processor.
- ☐ Add basil, 1/4 cup pine nuts, oil and lemon juice. Process until well blended.
- ☐ Add 1/3 cup cream cheese and 1/4 cup Parmesan cheese. Using on/off turns, process just until blended.
- ☐ Transfer pesto to medium bowl.
- ☐ Coarsely chop tomatoes in processor.
- ☐ Add tomato paste and process until mixture is almost smooth.
- ☐ Add 1/3 cup cream cheese and blend well.
- ☐ Using electric mixer, beat 2 cups cream cheese and butter in large bowl until fluffy. Season with salt and pepper.
- ☐ Spray 6-cup soufflé dish with nonstick spray. Line with plastic wrap, extending plastic over sides.
- ☐ Spread 3/4 cup cream cheese-butter mixture evenly over bottom of prepared dish. Top with half of tomato mixture, then 1/2 cup cream cheese-butter mixture, then half of pesto mixture. Repeat layering with 1/2 cup cream cheese-butter mixture, remaining tomato mixture, 1/2 cup cream cheese-butter mixture and remaining pesto. Top with remaining cream cheese-butter mixture. Cover and chill overnight. (Can be made 3 days ahead. Keep refrigerated.)
- ☐ Invert torta onto platter. Peel off plastic.
- ☐ Garnish with basil sprigs and toasted pine nuts.
- ☐ Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:10.372173824064%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.63kcal (13.93%), Fat: 26.04g (40.07%), Saturated Fat: 11.31g (70.7%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.56g (2.75%), Sugar: 4.87g (5.41%), Cholesterol: 49.45mg (16.48%), Sodium: 222.79mg (9.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Manganese: 1.09mg (54.71%), Vitamin K: 26.95µg (25.67%), Vitamin A: 957.41IU (19.15%), Copper: 0.28mg (13.82%), Phosphorus: 133.64mg (13.36%), Vitamin E: 1.82mg (12.13%), Magnesium: 47.46mg (11.87%), Potassium: 415.02mg (11.86%), Vitamin B2: 0.15mg (8.8%), Iron: 1.58mg (8.8%), Zinc: 1.08mg (7.2%), Vitamin B3: 1.38mg (6.9%), Vitamin B1: 0.1mg (6.48%), Calcium: 62.73mg (6.27%), Fiber: 1.56g (6.24%), Selenium: 4.16µg (5.94%), Vitamin C: 4.88mg (5.91%), Folate: 16.28µg (4.07%), Vitamin B5: 0.39mg (3.92%), Vitamin B6: 0.08mg (3.81%), Vitamin B12: 0.1µg (1.61%)