



Torta de Pastores (Colombian Cheese and Rice Pudding Cake)

READY IN



45 min.

SERVINGS



12

CALORIES



483 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 large eggs beaten
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 queso blanco shredded white
- ☐ 0.5 cup raisins for 30
- ☐ 4 cups rice pudding
- ☐ 1 pinch salt
- ☐ 3 cups sponge cake crumbs

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup oporto wine

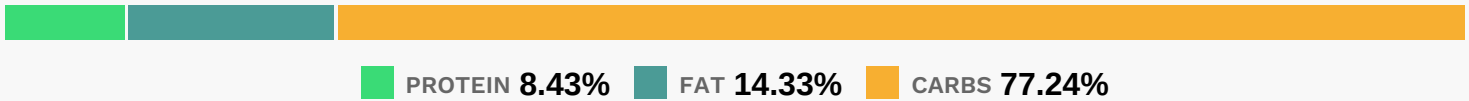
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat an oven to 325°F. Lightly butter a large baking pan.
- ☐ Drain the raisins and place in a large mixing bowl.
- ☐ Add all the remaining ingredients and mix well until well combined.
- ☐ Pour the mixture into the prepared pan and bake for about 25 to 30 minutes.
- ☐ Transfer the pan to a wire rack and let cool for about 15 minutes, then release the pan sides and slide the cake onto a serving plate.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:32.28, Inflammation Score:-3, Nutrition Score:10.559565265541%

Nutrients (% of daily need)

Calories: 482.71kcal (24.14%), Fat: 7.49g (11.52%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 90.86g (30.28%), Net Carbohydrates: 89.16g (32.42%), Sugar: 21.99g (24.43%), Cholesterol: 132.54mg (44.18%), Sodium: 432.16mg (18.79%), Alcohol: 1.15g (100%), Alcohol %: 0.92% (100%), Protein: 9.91g (19.83%), Manganese: 0.89mg (44.43%), Selenium: 19.93µg (28.46%), Phosphorus: 193.44mg (19.34%), Vitamin B2: 0.28mg (16.53%), Iron: 2.62mg (14.54%), Vitamin B1: 0.2mg (13.42%), Vitamin B5: 1.18mg (11.76%), Vitamin B3: 2.23mg (11.16%), Folate: 41.04µg (10.26%), Copper: 0.21mg (10.25%), Vitamin B6: 0.18mg (8.89%), Zinc: 1.23mg (8.17%), Calcium: 75.31mg (7.53%), Magnesium:

27.25mg (6.81%), Fiber: 1.69g (6.78%), Potassium: 215.58mg (6.16%), Vitamin A: 300.7IU (6.01%), Vitamin B12: 0.3µg (4.97%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.45µg (3.01%)