



Torta Del Casar with Sherry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cooking sherry spanish
- ☐ 6 ounce lime wedges room temperature
- ☐ 1 tablespoon sugar

Equipment

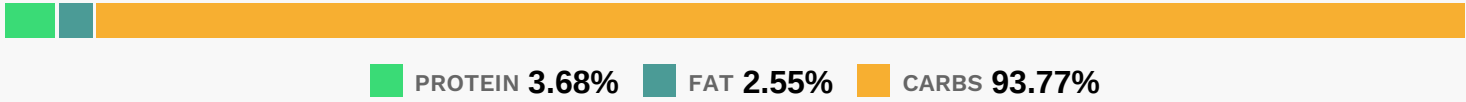
- ☐ sauce pan

Directions

- ☐
- Cut Torta del Casar into 6 wedges; place 1 wedge on each of 6 plates.

☐☐

Nutrition Facts



Properties

Glycemic Index:19.52, Glycemic Load:2.13, Inflammation Score:-1, Nutrition Score:1.0534782623467%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 12.23mg, Hesperetin: 12.23mg, Hesperetin: 12.23mg, Hesperetin: 12.23mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 24.4kcal (1.22%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.57g (2.86%), Cholesterol: 0mg (0%), Sodium: 1.09mg (0.05%), Alcohol: 1.03g (100%), Alcohol %: 3.24% (100%), Protein: 0.21g (0.41%), Vitamin C: 8.25mg (10%), Fiber: 0.79g (3.18%), Iron: 0.2mg (1.1%), Calcium: 10.28mg (1.03%), Potassium: 36.06mg (1.03%)