



Torta della Nonna

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups allpurpose flour
- ☐ 1 egg pus 2 yolks
- ☐ 3 eggs
- ☐ 3 tablespoons butter and extra virgin olive oil together sweet melted
- ☐ 2 cups ricotta fresh (sheep's milk is best)
- ☐ 1 juice of lemon
- ☐ 0.5 cup pinenuts
- ☐ 0.5 cup sugar

☐ 0.5 teaspoon vanilla extract

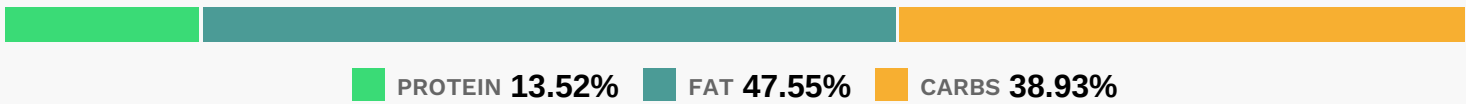
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ To make the pastry, make a well of the flour, place egg, yolks, sugar, butter and olive oil mixture in center and proceed as you would with fresh pasta, i.e. bring flour in bit by bit until liquid in well is thick enough to bring together with hands. Knead until dough is smooth and then allow to rest 10 minutes.
- ☐ Meanwhile, make the filling by mixing together the ricotta, pine nuts, sugar, lemon zest, juice and eggs in a bowl until creamy.
- ☐ To assemble, roll out the pastry to form two 12 inch circles.
- ☐ Place one circle down to line the bottom and sides of the pan.
- ☐ Spread the ricotta mixture evenly over this layer.
- ☐ Place the remaining circle of dough over the top and pinch together the edges.
- ☐ Place in oven and bake for 35 to 40 minutes.
- ☐ Remove and serve warm or at room temperature with vin santo from Cappezzana.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:35.32, Inflammation Score:-6, Nutrition Score:17.488260942957%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 540.45kcal (27.02%), Fat: 28.79g (44.29%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 51.48g (18.72%), Sugar: 17.64g (19.6%), Cholesterol: 156.4mg (52.13%), Sodium: 103.57mg (4.5%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 18.42g (36.84%), Manganese: 1.29mg (64.46%), Selenium: 34.73µg (49.61%), Vitamin B2: 0.51mg (30.19%), Phosphorus: 295.98mg (29.6%), Folate: 105.71µg (26.43%), Vitamin B1: 0.39mg (26.27%), Calcium: 195.93mg (19.59%), Iron: 3.39mg (18.82%), Vitamin E: 2.49mg (16.6%), Zinc: 2.33mg (15.56%), Vitamin B3: 3.06mg (15.32%), Magnesium: 49.63mg (12.41%), Copper: 0.25mg (12.31%), Vitamin K: 11.4µg (10.86%), Vitamin A: 533.49IU (10.67%), Vitamin B12: 0.54µg (8.92%), Vitamin B5: 0.83mg (8.27%), Potassium: 238.22mg (6.81%), Fiber: 1.56g (6.22%), Vitamin B6: 0.11mg (5.74%), Vitamin D: 0.77µg (5.12%), Vitamin C: 2.03mg (2.45%)