



Yogurt Cheese Torta with Pesto

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices crusty baguette thin
- 1.3 cups cheese ()
- 12 servings basil pesto
- 12 servings tomatoes

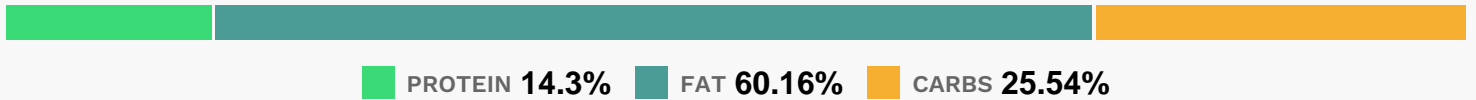
Equipment

- cheesecloth

Directions

- Line a wide-mouth, 2- to 3-cup noncorrosive container with two smooth layers of cheesecloth or a clean, dry muslin or linen towel.
- Press a fourth of the Yogurt Cheese evenly over bottom of container.
- Spread a third of the pesto evenly over cheese to edges of container. Repeat steps to layer remaining cheese and pesto, ending with cheese. Fold edges of cloth over cheese and press gently to compact. Cover airtight and chill until firm, at least 1 hour or up to 1 day; occasionally uncover and tilt container to pour off any accumulated liquid.
- Fold back cloth; invert a plate over torta and then, holding plate and container together, invert torta onto plate. Peel off cloth. If desired, garnish with cilantro sprigs.
- Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:9.1852172561314%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 148.58kcal (7.43%), Fat: 10.25g (15.77%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.34g (2.67%), Sugar: 5.38g (5.98%), Cholesterol: 13.76mg (4.59%), Sodium: 247.84mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin A: 1927.61IU (38.55%), Vitamin C: 24.66mg (29.89%), Vitamin K: 14.6µg (13.91%), Calcium: 133.72mg (13.37%), Potassium: 439.57mg (12.56%), Manganese: 0.22mg (10.94%), Phosphorus: 103.24mg (10.32%), Fiber: 2.46g (9.82%), Folate: 32.49µg (8.12%), Vitamin B6: 0.16mg (7.77%), Vitamin E: 1.07mg (7.16%), Vitamin B3: 1.2mg (5.98%), Magnesium: 23.88mg (5.97%), Vitamin B2: 0.1mg (5.77%), Selenium: 4.01µg (5.73%), Vitamin B1: 0.09mg (5.72%), Copper: 0.11mg (5.68%), Zinc: 0.79mg (5.25%), Iron: 0.69mg (3.81%), Vitamin B12: 0.13µg (2.22%), Vitamin B5: 0.22mg (2.22%)