



Yogurt Cheese Torte



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



42 kcal

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons garlic sliced
- ☐ 1 teaspoon lemon rind grated
- ☐ 6 cups yogurt plain low-fat

- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon shallots minced

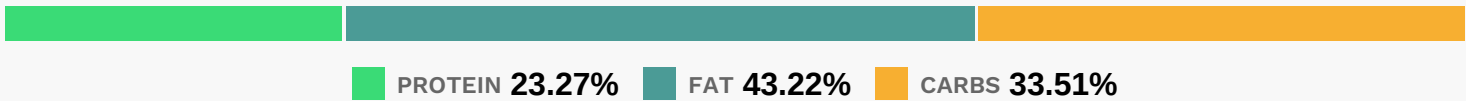
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place a colander in a large bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges.
- ☐ Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate for 12 hours. Spoon yogurt cheese into a medium bowl, and discard liquid. Cover and refrigerate for 3 hours.
- ☐ Combine garlic and remaining ingredients in a small bowl.
- ☐ Place half of yogurt cheese in a serving bowl; spread with half of herb mixture. Repeat with remaining cheese and herb mixture. Cover and refrigerate torte at least 12 hours and up to 1 week.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:3.5013043375119%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg 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: 42.19kcal (2.11%), Fat: 2.05g (3.15%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.48g (1.27%), Sugar: 3.27g (3.63%), Cholesterol: 2.76mg (0.92%), Sodium: 68.95mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Copper: 0.58mg (28.91%), Calcium: 87.79mg (8.78%), Phosphorus: 67.57mg (6.76%), Vitamin B2: 0.1mg (5.92%), Vitamin B12: 0.26µg (4.29%), Potassium: 113.89mg (3.25%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.28mg (2.77%), Selenium: 1.59µg (2.28%), Magnesium: 8.84mg (2.21%), Manganese: 0.04mg (1.8%), Vitamin B6: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.48%), Vitamin E: 0.21mg (1.4%), Vitamin K: 1.43µg (1.36%), Folate: 5.44µg (1.36%), Vitamin C: 1.02mg (1.23%)