



Appetizer Blue Cheese Logs

READY IN



20 min.

SERVINGS



9

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces cream cheese softened
- 1 cup sharp cheddar cheese shredded
- 0.5 cup cheese blue crumbled
- 1 tablespoon butter
- 1.5 teaspoons curry powder
- 0.5 cup pecans finely chopped
- 2 tablespoons parsley fresh minced
- 1 serving round buttery crackers assorted

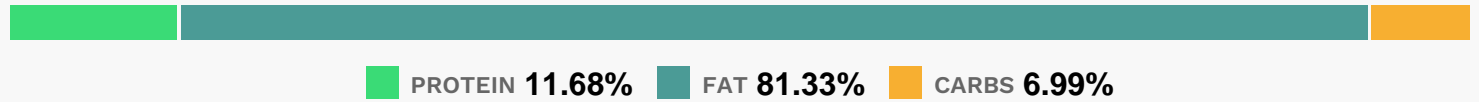
Equipment

- frying pan

Directions

- Beat cream cheese until smooth. Fold in cheddar and blue cheeses. Refrigerate, covered, at least 2 hours.
- In a small skillet, heat butter over medium heat.
- Add curry powder; saute 1-2 minutes. Stir in pecans; cook and stir 1 minute. Stir in parsley. Cool slightly.
- Roll cheese mixture into 2 logs, each about 5 in. long.
- Roll logs in pecan mixture; refrigerate.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:6.2717390889707%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg

Nutrients (% of daily need)

Calories: 229.05kcal (11.45%), Fat: 21.18g (32.58%), Saturated Fat: 10.18g (63.64%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.43g (1.59%), Cholesterol: 46.98mg (15.66%), Sodium: 273.84mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin K: 17.13µg (16.31%), Calcium: 162.98mg (16.3%), Manganese: 0.3mg (15.13%), Phosphorus: 137.17mg (13.72%), Vitamin A: 641.89IU (12.84%), Selenium: 7.19µg

(10.28%), Vitamin B2: 0.16mg (9.23%), Zinc: 1.1mg (7.31%), Vitamin B12: 0.28µg (4.71%), Copper: 0.09mg (4.53%), Magnesium: 16.37mg (4.09%), Vitamin B1: 0.06mg (4.07%), Vitamin E: 0.59mg (3.95%), Vitamin B5: 0.39mg (3.89%), Fiber: 0.76g (3.05%), Folate: 12.13µg (3.03%), Potassium: 99.52mg (2.84%), Vitamin B6: 0.05mg (2.68%), Iron: 0.46mg (2.54%), Vitamin C: 1.29mg (1.56%), Vitamin B3: 0.29mg (1.44%)