



Apricot stilton pots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g vegetarian stilton
- ☐ 100 g butter softened
- ☐ 40 g walnut chopped
- ☐ 25 g apricots dried chopped

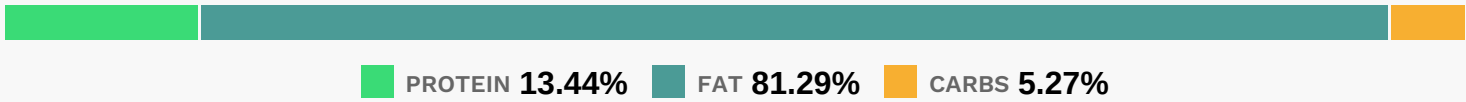
Equipment

- ☐ bowl
- ☐ ramekin

Directions

- ☐ Crumble or grate the stilton into a small bowl. Beat the softened butter until creamy, then stir in the stilton.
- ☐ Pack into three 150ml/ pt ramekins and smooth the tops.
- ☐ Mix the walnuts and apricots and press on top of the cheese. Wrap in cling film and chill for up to a week or freeze for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:43.47, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:16.320434759492%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg

Nutrients (% of daily need)

Calories: 699.28kcal (34.96%), Fat: 64.47g (99.18%), Saturated Fat: 36.65g (229.08%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.32g (5.91%), Cholesterol: 146.67mg (48.89%), Sodium: 1365.43mg (59.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.98%), Calcium: 553.65mg (55.36%), Phosphorus: 447.05mg (44.71%), Vitamin A: 1899IU (37.98%), Vitamin B2: 0.42mg (24.68%), Manganese: 0.48mg (24.19%), Selenium: 15.67µg (22.39%), Vitamin B12: 1.28µg (21.28%), Zinc: 3.13mg (20.9%), Vitamin B5: 1.88mg (18.85%), Copper: 0.28mg (14.03%), Folate: 50.9µg (12.73%), Vitamin B6: 0.25mg (12.53%), Potassium: 419.47mg (11.98%), Magnesium: 47.4mg (11.85%), Vitamin E: 1.48mg (9.85%), Vitamin B3: 1.4mg (7%), Fiber: 1.5g (6.01%), Vitamin B1: 0.08mg (5.16%), Iron: 0.93mg (5.15%), Vitamin K: 5.35µg (5.1%), Vitamin D: 0.5µg (3.33%)