



Basil-Cheese Roulade

READY IN



45 min.

SERVINGS



12

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby spinach leaves fresh
- ☐ 12 servings round buttery crackers assorted
- ☐ 8 ounce cream cheese softened
- ☐ 1 leaf garnishes: flat parsley fresh
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 garlic clove sliced
- ☐ 3 tablespoons olive oil
- ☐ 4 ounces parmesan cheese freshly grated
- ☐ 0.8 cup parsley fresh italian

- ☐ 4 ounces roquefort cheese softened
- ☐ 0.3 cup sun-dried tomatoes finely chopped
- ☐ 0.3 cup walnuts finely chopped

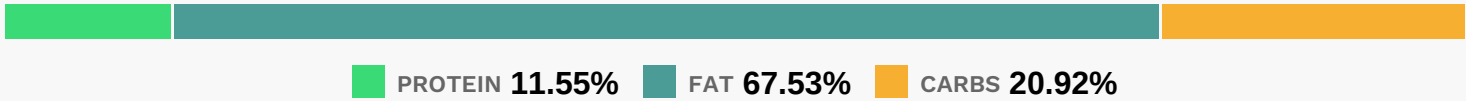
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ hand mixer

Directions

- ☐ Beat cream cheese and Roquefort cheese at medium speed with an electric mixer until smooth. Line a baking sheet with parchment paper.
- ☐ Spread cheese mixture into an 11- x 8-inch rectangle on parchment paper. Cover and chill 1 hour.
- ☐ Process spinach and next 4 ingredients in a food processor until smooth. Stir in freshly grated Parmesan cheese, chopped walnuts, and chopped sun-dried tomatoes.
- ☐ Spread spinach mixture evenly over cheese rectangle. Using the parchment paper as a guide, roll up, jelly-roll fashion. Wrap in parchment paper, sealing at ends, and chill at least 2 hours.
- ☐ Remove paper, and garnish, if desired.
- ☐ Serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:11.566087082676%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.58mg, Myricetin:

0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 274.76kcal (13.74%), Fat: 20.96g (32.24%), Saturated Fat: 8.62g (53.9%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 13.6g (4.95%), Sugar: 2.99g (3.32%), Cholesterol: 35.81mg (11.94%), Sodium: 543.54mg (23.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Vitamin K: 88.74µg (84.51%), Vitamin A: 1038.76IU (20.78%), Calcium: 203.11mg (20.31%), Phosphorus: 181.56mg (18.16%), Manganese: 0.26mg (13.17%), Vitamin B2: 0.2mg (11.64%), Selenium: 7.35µg (10.5%), Vitamin E: 1.37mg (9.16%), Vitamin C: 6.9mg (8.36%), Folate: 33.39µg (8.35%), Iron: 1.46mg (8.09%), Vitamin B1: 0.11mg (7.18%), Zinc: 0.98mg (6.53%), Vitamin B3: 1.18mg (5.92%), Magnesium: 23.45mg (5.86%), Copper: 0.11mg (5.66%), Potassium: 197.03mg (5.63%), Vitamin B5: 0.44mg (4.42%), Fiber: 1.01g (4.03%), Vitamin B12: 0.23µg (3.83%), Vitamin B6: 0.07mg (3.62%)