



Blue Cheese and Onion

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces cheese blue crumbled
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.3 cup olive oil
- ☐ 1 onion red halved thinly sliced
- ☐ 1 tablespoon red wine vinegar

☐ 1 pound cocktail rye bread

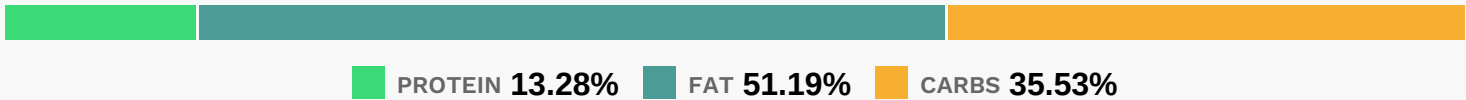
Equipment

☐ bowl

Directions

- ☐ In a glass dish or serving bowl, layer the blue cheese and onion.
- ☐ Mix together the olive oil, lemon juice, vinegar, garlic, mustard powder and pepper.
- ☐ Pour over the blue cheese and onions, and let stand for 1 hour at room temperature to marinate.
- ☐ Serve on cocktail rye slices.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:26.3, Inflammation Score:-7, Nutrition Score:22.641739145569%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 669.33kcal (33.47%), Fat: 38.15g (58.7%), Saturated Fat: 13.82g (86.36%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 52.43g (19.07%), Sugar: 5.94g (6.6%), Cholesterol: 42.52mg (14.17%), Sodium: 1337.94mg (58.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.53%), Selenium: 44.14µg (63.06%), Manganese: 1.02mg (51.21%), Calcium: 393.04mg (39.3%), Folate: 151.6µg (37.9%), Phosphorus: 374.31mg (37.43%), Vitamin B2: 0.61mg (35.71%), Vitamin B1: 0.53mg (35.15%), Fiber: 7.15g (28.6%), Vitamin B3: 4.95mg (24.73%), Vitamin E: 3.13mg (20.9%), Iron: 3.62mg (20.13%), Zinc: 2.88mg (19.23%), Magnesium: 63.04mg (15.76%), Vitamin B5: 1.53mg (15.31%), Vitamin K: 13.91µg (13.25%), Copper: 0.25mg (12.65%), Vitamin B6: 0.23mg (11.69%), Vitamin B12: 0.69µg (11.53%), Potassium: 388.57mg (11.1%), Vitamin A: 442.22IU (8.84%), Vitamin C: 4.44mg (5.39%),

Vitamin D: 0.28µg (1.89%)