



Blue Cheese and Walnut Crackers

 Vegetarian

READY IN



97 min.

SERVINGS



30

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 extra large eggs with 1 tablespoon water for egg wash beaten
- 1.5 cups flour all-purpose
- 2 teaspoons kosher salt
- 8 ounces stilton cheese (with rind), at room temperature crumbled
- 0.3 pound butter unsalted at room temperature (1 stick)
- 0.5 cup walnuts roughly chopped

Equipment

- bowl
- frying pan
- baking paper
- oven
- knife
- blender
- hand mixer
- cutting board

Directions

- Watch how to make this recipe.
- In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and Stilton together for 1 minute, or until smooth. With the mixer on low speed, add the flour, salt and pepper and mix until it's in large crumbles, about 1 minute.
- Add 1 tablespoon of water and mix until combined.
- Dump the dough onto a floured board, press it into a ball, and roll into a 12-inch long log.
- Brush the log completely with the egg wash.
- Spread the walnuts in a square on a cutting board and roll the log back and forth in the walnuts, pressing lightly, and distributing them evenly on the outside of the log. Wrap in plastic and refrigerate for at least 30 minutes or for up to 4 days.
- Meanwhile, preheat the oven to 350 degrees F.
- Cut the log 3/8ths-inch thick with a small, sharp knife and place the crackers on a sheet pan lined with parchment paper.
- Bake for 22 minutes until very lightly browned. Rotate the pan once during baking. Cool and serve at room temperature.

Nutrition Facts

 **PROTEIN 11.48%**  **FAT 65.3%**  **CARBS 23.22%**

Properties

Glycemic Index:5.13, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:2.3360869404252%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 89.46kcal (4.47%), Fat: 6.57g (10.11%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.94g (1.8%), Sugar: 0.11g (0.12%), Cholesterol: 13.8mg (4.6%), Sodium: 242.6mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Manganese: 0.12mg (5.95%), Selenium: 3.35µg (4.79%), Calcium: 44.08mg (4.41%), Phosphorus: 43.77mg (4.38%), Folate: 16.19µg (4.05%), Vitamin B1: 0.06mg (3.88%), Vitamin B2: 0.06mg (3.77%), Vitamin A: 152.9IU (3.06%), Vitamin B3: 0.47mg (2.35%), Copper: 0.04mg (2.24%), Iron: 0.38mg (2.1%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.1µg (1.64%), Magnesium: 6.39mg (1.6%), Vitamin B6: 0.03mg (1.3%), Fiber: 0.32g (1.27%), Potassium: 36.47mg (1.04%)