



Blue Cheese and Walnut Wafers

 Vegetarian

READY IN



92 min.

SERVINGS



12

CALORIES



170 kcal

Ingredients

- ☐ 4 ounces cheese blue
- ☐ 0.5 cup butter
- ☐ 1.3 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup walnuts finely chopped

Equipment

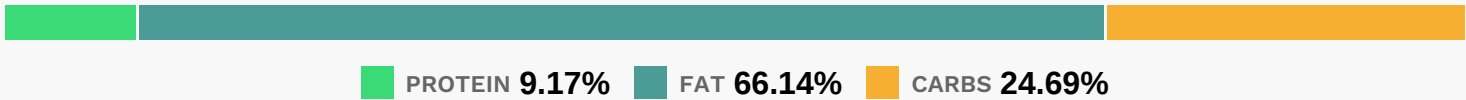
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Mix the butter, blue cheese, flour, and salt in a food processor, and process until smooth.
- ☐ Transfer to a bowl, and stir in the walnuts. Cover, and chill 5 minutes in the refrigerator.
- ☐ Divide dough in half. Form each half into a log shape. Wrap in plastic wrap, and refrigerate 1 hour, until firm.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Slice the dough logs into 1/4 inch rounds, and arrange rounds on a baking sheet.
- ☐ Bake 12 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:7.3, Inflammation Score:-3, Nutrition Score:3.9273913005448%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 169.82kcal (8.49%), Fat: 12.63g (19.43%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 10.04g (3.65%), Sugar: 0.17g (0.19%), Cholesterol: 27.42mg (9.14%), Sodium: 194.04mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Manganese: 0.2mg (10.03%), Selenium: 6.04µg (8.63%), Vitamin B1: 0.12mg (7.77%), Folate: 30.7µg (7.67%), Phosphorus: 64.15mg (6.41%), Vitamin B2: 0.11mg (6.38%), Vitamin A: 309.12IU (6.18%), Calcium: 57.32mg (5.73%), Vitamin B3: 0.91mg (4.53%), Iron: 0.73mg (4.06%), Copper: 0.07mg (3.71%), Zinc: 0.45mg (3.01%), Magnesium: 10.36mg (2.59%), Vitamin B5: 0.25mg (2.49%), Fiber: 0.57g (2.28%), Vitamin B12: 0.13µg (2.19%), Vitamin B6: 0.04mg (1.96%), Vitamin E: 0.27mg (1.82%), Potassium: 54.73mg (1.56%)