



Blue Cheese Canapes with Pecans and Grapes

READY IN



45 min.

SERVINGS



30

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cheese blue firm crumbled
- ☐ 30 small crackers such as melba toasts plain
- ☐ 30 small flat-leaf parsley leaves fresh
- ☐ 1 ounce pecan halves
- ☐ 15 small grapes red seedless halved lengthwise
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon butter unsalted

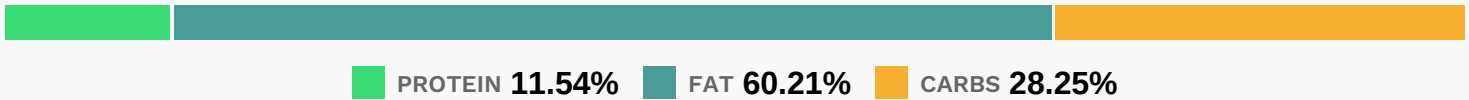
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Toast pecans in a shallow baking pan until fragrant and a shade darker, about 10 minutes. Toss hot pecans in pan with butter and salt, then cool.
- ☐ Coarsely chop nuts, then toss together with cheese in a bowl, without mashing.
- ☐ Top each cracker with a mounded teaspoon of cheese mixture, pressing together slightly, then top with a parsley leaf and a grape half, gently pressing them into cheese.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.9591304348863%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 36.48kcal (1.82%), Fat: 2.49g (3.83%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.69g (0.77%), Cholesterol: 2.89mg (0.96%), Sodium: 75.59mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin K: 18.39µg (17.51%), Manganese: 0.06mg (3.12%), Phosphorus: 24.99mg (2.5%), Calcium: 24.78mg (2.48%), Vitamin A: 116.34IU (2.33%), Vitamin C: 1.42mg (1.72%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.02mg (1.46%), Iron: 0.24mg (1.33%), Folate: 5.16µg (1.29%), Zinc: 0.16mg (1.09%), Copper: 0.02mg (1.06%), Vitamin B3: 0.21mg (1.05%)