



Blue Cheese Cheesecake

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



371 kcal

Ingredients

- ☐ 5 ounces cheese blue
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 7 fluid ounces heavy cream chilled
- ☐ 1 teaspoon oregano fresh finely chopped
- ☐ 5 grapes red seedless halved
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 0.3 cup walnuts chopped

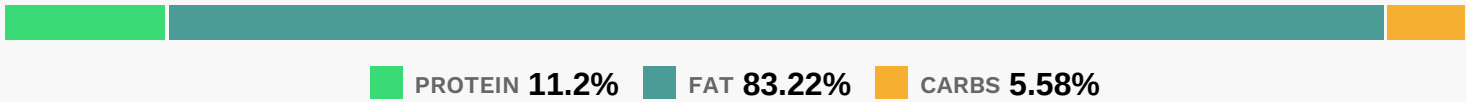
Equipment

☐ bowl

Directions

- ☐ Whip the cream in a medium bowl until stiff and season with salt and pepper. Set aside 1 ounce of the blue cheese, and mash the rest with a fork in a separate bowl. Stir in the basil, oregano and thyme, then fold in the whipped cream.
- ☐ Place a 3 inch metal ring (or biscuit cutter) onto a serving plate, and fill the bottom with walnuts. Spoon the whipped cream mixture into the ring, and smooth the top. Carefully remove the ring.
- ☐ Sprinkle the remaining blue cheese and grapes over the top.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:9.203043497127%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 371.31kcal (18.57%), Fat: 35.25g (54.24%), Saturated Fat: 19.14g (119.63%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.28g (1.56%), Sugar: 2.93g (3.26%), Cholesterol: 85.05mg (28.35%), Sodium: 422.03mg (18.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.36%), Calcium: 242.78mg (24.28%), Vitamin A: 1096.33IU (21.93%), Phosphorus: 203.85mg (20.38%), Manganese: 0.39mg (19.65%), Vitamin B2: 0.26mg (15.13%), Selenium: 7.2µg (10.29%), Copper: 0.19mg (9.6%), Zinc: 1.4mg (9.33%), Vitamin K: 9.03µg (8.6%), Vitamin B12: 0.52µg (8.59%), Vitamin B5: 0.81mg (8.12%), Magnesium: 30.26mg (7.56%), Vitamin B6: 0.14mg (7.13%), Vitamin D: 1.01µg (6.7%), Folate: 26.27µg (6.57%), Potassium: 206.96mg (5.91%), Vitamin E: 0.74mg (4.94%), Iron: 0.76mg (4.25%), Fiber: 1.03g (4.1%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.55mg (2.77%), Vitamin C: 1.54mg (1.87%)