



Blue Cheese Logs

READY IN



45 min.

SERVINGS



24

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cheese blue crumbled
- 24 servings round buttery crackers
- 16 ounce cream cheese softened
- 2 cups parsley fresh divided finely chopped
- 0.5 teaspoon ground pepper red
- 0.5 small onion diced
- 2 cups pecans divided toasted finely chopped
- 8 ounces sharp cheddar cheese cubed
- 1.5 tablespoons worcestershire sauce

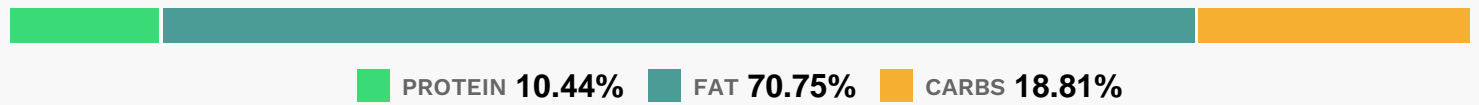
Equipment

- food processor

Directions

- Process cream cheese and next 5 ingredients in a food processor 1 to 2 minutes until combined, stopping to scrape down sides.
- Stir together cheese mixture, 1 cup pecans, and 1/2 cup parsley. Cover and chill 1 hour.
- Shape cheese mixture into 4 (7-inch) logs.
- Combine remaining 1 cup pecans and 1 1/2 cups parsley.
- Roll logs in parsley mixture; cover and chill until ready to serve.
- Serve with crackers.
- Note: For testing purposes only, we used Cracker Barrel cheese for Cheddar cheese. Cheese logs may be prepared ahead and frozen, if desired. Thaw in refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:11.951739225699%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 282.88kcal (14.14%), Fat: 22.73g (34.97%), Saturated Fat: 8.84g (55.26%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 12.16g (4.42%), Sugar: 2.67g (2.96%), Cholesterol: 35.63mg (11.88%), Sodium: 387.62mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.09%), Vitamin K: 91.22µg (86.87%), Manganese: 0.51mg (25.49%), Calcium: 174.47mg (17.45%), Vitamin A: 865.11IU (17.3%), Phosphorus: 173mg (17.3%), Vitamin B2: 0.18mg (10.74%), Vitamin B1: 0.15mg (9.76%), Selenium: 6.77µg (9.67%), Vitamin C: 7.03mg (8.52%), Zinc: 1.26mg (8.41%), Iron: 1.38mg (7.68%), Copper: 0.15mg (7.47%), Folate: 28.61µg (7.15%), Vitamin E: 0.99mg (6.62%), Magnesium: 23.3mg (5.83%), Fiber: 1.44g (5.76%), Vitamin B3: 1.08mg (5.42%), Vitamin B5: 0.47mg (4.7%), Potassium: 151.87mg (4.34%), Vitamin B12: 0.26µg (4.28%), Vitamin B6: 0.07mg (3.44%)