



Blue Cheese Shortbread Leaves with Cream Cheese-Chutney Roulade

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



166 kcal

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 0.7 cup purchased spiced cranberry-apple chutney
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 teaspoon coarse salt
- ☐ 0.3 cup cornstarch
- ☐ 8 ounce cream cheese chilled
- ☐ 0.5 cup green onions very thinly sliced
- ☐ 0.1 teaspoon ground pepper black

- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 0.3 cup walnuts finely chopped

Equipment

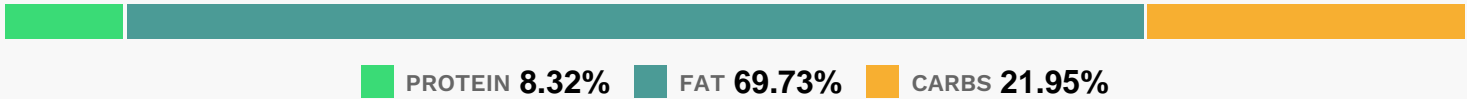
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ Blend blue cheese and butter in processor until creamy.
- ☐ Add flour, cornstarch, salt, and pepper. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Add walnuts and process just until moist clumps form. Gather dough into ball. Flatten into disk. Wrap dough in plastic and refrigerate until firm, about 1 hour.
- ☐ Preheat oven to 325°F. Line 2 baking sheets with parchment paper.
- ☐ Roll out dough between sheets of plastic wrap to 1/8- to 1/4-inch thickness.
- ☐ Remove top sheet. Using 2 1/2x1-inch leaf-shaped cookie cutter, cut out leaves.
- ☐ Transfer leaves to prepared baking sheets. Gather dough scraps and reroll; cut out additional leaves.
- ☐ Transfer to prepared baking sheets.
- ☐ Bake until golden brown, about 20 minutes.
- ☐ Transfer leaves to rack and cool. (Can be prepared 3 days ahead. Store in airtight container at room temperature.)
- ☐ Using rolling pin, flatten cream cheese between sheets of plastic wrap; roll into 10x8-inch rectangle.
- ☐ Remove top sheet of plastic wrap.
- ☐ Spread 1/3 cup chutney atop cream cheese rectangle, leaving 1-inch plain border.

- ☐
- Sprinkle chutney with 2 tablespoons green onions. Using plastic as aid and starting at 1 long side, roll up cream cheese, jelly-roll style, into log. Gently press remaining green onions onto roulade. Wrap roulade tightly with plastic. Refrigerate until set, at least 2 hours and up to 2 days.
- ☐
- Place roulade on platter. Surround with shortbread leaves. Top roulade with remaining 1/3 cup chutney and serve.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:3.56, Inflammation Score:-4, Nutrition Score:3.8599999547005%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 166.47kcal (8.32%), Fat: 13.15g (20.23%), Saturated Fat: 6.88g (42.99%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.65g (3.14%), Sugar: 1.66g (1.84%), Cholesterol: 30.83mg (10.28%), Sodium: 174.01mg (7.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin K: 9.69µg (9.23%), Vitamin A: 430.26IU (8.61%), Manganese: 0.16mg (8.12%), Selenium: 4.5µg (6.43%), Phosphorus: 62.39mg (6.24%), Vitamin B2: 0.1mg (6%), Calcium: 56.43mg (5.64%), Folate: 19.43µg (4.86%), Vitamin B1: 0.06mg (4.11%), Copper: 0.07mg (3.62%), Zinc: 0.41mg (2.7%), Magnesium: 10.64mg (2.66%), Fiber: 0.66g (2.65%), Vitamin B5: 0.26mg (2.58%), Iron: 0.46mg (2.56%), Potassium: 79.39mg (2.27%), Vitamin B6: 0.05mg (2.26%), Vitamin B3: 0.45mg (2.24%), Vitamin E: 0.32mg (2.13%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 1.14mg (1.39%)