



Blue Cheese Terrine with Tomato-Basil Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces cheese blue crumbled
- ☐ 16 ounce cream cheese softened
- ☐ 12 servings salad greens mixed
- ☐ 2 bell peppers red cut in half
- ☐ 12 servings tomato-basil vinaigrette
- ☐ 2 bell peppers yellow cut in half

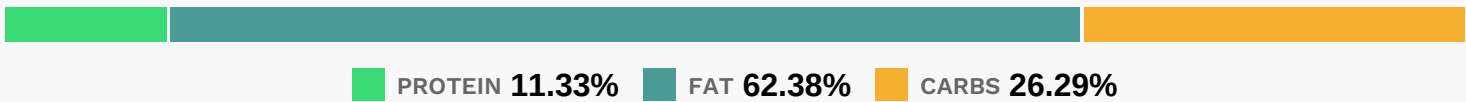
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place bell pepper halves, cut sides down, on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat (with electric oven door partially open) 8 to 10 minutes or until bell peppers look blistered.
- ☐ Place bell peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Pat dry with paper towels.
- ☐ Beat cheeses at medium speed with an electric mixer until smooth.
- ☐ Spread half of cheese mixture in a plastic wrap-lined 8- x 4-inch loafpan. Top with 4 pepper halves.
- ☐ Spread remaining cheese mixture over peppers; top with remaining pepper halves. Chill 8 hours.
- ☐ Unmold onto a serving dish, and drizzle with Tomato-Basil Vinaigrette.
- ☐ Serve on mixed greens.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:12.703478366137%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:

0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 289.25kcal (14.46%), Fat: 20.2g (31.08%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 14.56g (5.29%), Sugar: 11.33g (12.58%), Cholesterol: 48.81mg (16.27%), Sodium: 763.29mg (33.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.51%), Vitamin C: 77.06mg (93.41%), Vitamin A: 2480.85IU (49.62%), Fiber: 4.59g (18.38%), Potassium: 638.88mg (18.25%), Calcium: 160.28mg (16.03%), Phosphorus: 120.82mg (12.08%), Vitamin B2: 0.18mg (10.76%), Folate: 37.58µg (9.4%), Vitamin B6: 0.17mg (8.39%), Selenium: 5.55µg (7.92%), Iron: 1.24mg (6.88%), Vitamin B5: 0.6mg (6.05%), Manganese: 0.11mg (5.48%), Zinc: 0.73mg (4.89%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.26µg (4.27%), Magnesium: 15.82mg (3.96%), Vitamin B3: 0.77mg (3.85%), Copper: 0.06mg (2.85%), Vitamin B1: 0.04mg (2.74%), Vitamin K: 2.11µg (2.01%)