



## Cook the Book: Stilton and Walnut Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 extra large water with 1 tablespoon of water, for egg wash beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 pound butter unsalted at room temperature (1 stick)
- ☐ 0.5 cup walnuts finely chopped

### Equipment

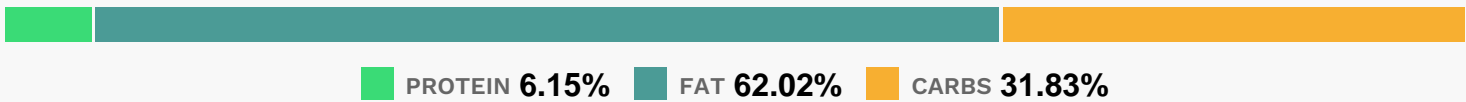
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ hand mixer
- ☐ cutting board

## Directions

- ☐ In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and Stilton for 1 minute, until smooth. With the mixer on low, add the flour, salt, and pepper and continue beating for about 1 minute until the dough is in large crumbles.
- ☐ Add 1 tablespoon of cold water and mix until the dough comes together.
- ☐ Dump the dough into a floured board and then use your palms to roll it into a 12-inch-long-log.
- ☐ Brush the log completely with the egg wash.
- ☐ Spread the walnuts on a cutting board and roll the log back and forth in the walnuts, pressing lightly, to distribute them on the log. Wrap in plastic and refrigerate for at least 30 minutes or for up to 4 days.
- ☐ Meanwhile, preheat the oven to 350°F and line a sheet pan with parchment paper.
- ☐ Cut the log into 3/8-inch-thick slices with a small sharp knife and arrange the crackers 1/2 inch apart on the sheet pan.
- ☐ Bake for 22 minutes, until very lightly browned, rotating the pan once during baking. Cool on the pan and serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:5.29, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.875217391421%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 78.47kcal (3.92%), Fat: 5.5g (8.46%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.96g (2.17%), Sugar: 0.09g (0.1%), Cholesterol: 10.16mg (3.39%), Sodium: 194.57mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Manganese: 0.15mg (7.39%), Vitamin B1: 0.07mg (4.66%), Folate: 16.84µg (4.21%), Selenium: 2.82µg (4.03%), Copper: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.59%), Iron: 0.44mg (2.47%), Vitamin B3: 0.49mg (2.46%), Vitamin A: 119.02IU (2.38%), Phosphorus: 18.14mg (1.81%), Fiber: 0.4g (1.58%), Magnesium: 5.82mg (1.46%)