



Crostini With Walnut-Blue Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds divided toasted chopped
- ☐ 4 ounce cheese blue crumbled
- ☐ 0.3 cup mazola canola oil
- ☐ 8 ounce cream cheese softened
- ☐ 8 ounce baguette french
- ☐ 2 garlic cloves pressed
- ☐ 1 cup grapes red seedless coarsely chopped
- ☐ 2 tablespoons whipping cream

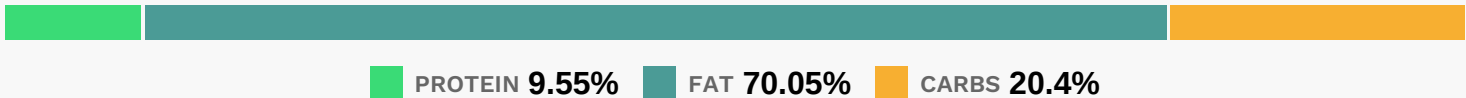
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together oil and garlic; brush evenly on bread slices.
- ☐ Place bread on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until lightly toasted.
- ☐ Stir together cream cheese, blue cheese, and whipping cream until blended. Stir in 1/2 cup walnuts; gently fold in grapes.
- ☐ Shape cheese mixture into 1 (9-inch) log.
- ☐ Roll log in remaining 1/2 cup walnuts.
- ☐ Serve with crostini.
- ☐ * 4 ounces port wine cheese, crumbled, may be substituted for blue cheese.
- ☐ NOTE: To toast walnuts, spread on a baking sheet, and bake at 350, stirring occasionally, 5 to 10 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:10.472608695859%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 407.1kcal (20.36%), Fat: 32.52g (50.03%), Saturated Fat: 10.82g (67.6%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 19.55g (7.11%), Sugar: 5.89g (6.55%), Cholesterol: 43.5mg (14.5%), Sodium: 429.04mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Manganese: 0.66mg (33.06%), Phosphorus: 169.82mg (16.98%), Vitamin B1: 0.24mg (16.05%), Calcium: 152.16mg (15.22%), Copper: 0.3mg (15.21%), Vitamin B2:

0.25mg (14.9%), Selenium: 10.32µg (14.75%), Folate: 52.87µg (13.22%), Vitamin E: 1.76mg (11.73%), Vitamin A: 559.46IU (11.19%), Vitamin K: 10.06µg (9.58%), Magnesium: 38.06mg (9.52%), Vitamin B6: 0.17mg (8.71%), Iron: 1.56mg (8.68%), Vitamin B3: 1.66mg (8.32%), Zinc: 1.23mg (8.17%), Fiber: 1.76g (7.04%), Vitamin B5: 0.62mg (6.21%), Potassium: 215.98mg (6.17%), Vitamin B12: 0.24µg (4.02%), Vitamin C: 1.05mg (1.27%)