



WHATSheATE



Elegant Cheese Grape Cluster



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



48

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz slivered almonds
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup gorgonzola blue crumbled
- ☐ 3 tablespoons chives fresh chopped
- ☐ 9 oz grapes red seedless

Equipment

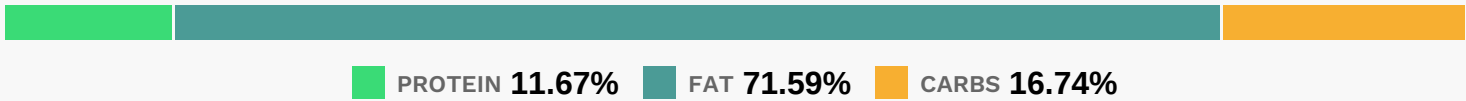
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Place almonds in single layer in shallow baking pan with sides.
- ☐ Bake at 350°F. for 8 to 12 minutes or until golden brown, stirring once.
- ☐ Remove from pan; cool about 5 minutes. Finely chop almonds.
- ☐ In medium bowl, combine cream cheese, Gorgonzola cheese and chives; mix well. Wrap about 1 teaspoon cheese mixture around each grape to cover; roll in chopped almonds.
- ☐ Place in single layer in 13x9-inch pan. Cover; refrigerate at least 1 hour or up to 8 hours before serving.
- ☐ To serve, if desired, arrange on serving platter in shape of grape cluster; garnish with parsley or grape leaves.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:2.0121739186023%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 51.77kcal (2.59%), Fat: 4.33g (6.66%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.64g (0.59%), Sugar: 1.22g (1.35%), Cholesterol: 5.66mg (1.88%), Sodium: 28.53mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin E: 1.26mg (8.42%), Manganese: 0.11mg (5.65%), Vitamin B2: 0.07mg (4.3%), Magnesium: 13.9mg (3.48%), Phosphorus: 33.51mg (3.35%), Copper: 0.06mg (2.85%),

Fiber: 0.64g (2.57%), Calcium: 24.21mg (2.42%), Vitamin A: 84.15IU (1.68%), Potassium: 54.59mg (1.56%), Zinc: 0.21mg (1.38%), Vitamin K: 1.3µg (1.24%), Iron: 0.21mg (1.15%), Selenium: 0.78µg (1.11%)