



Farmer's Cheese with Honey, Raisins, Cinnamon and Toasted Walnuts

READY IN



23 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

Ingredients

- 2 dashes cinnamon
- 6 servings round buttery crackers for serving
- 1 pound fromage frais
- 2 tablespoons honey
- 0.5 cup raisins
- 2 pinches salt
- 0.5 cup walnuts toasted

Equipment

- baking sheet
- oven
- mixing bowl
- baking pan
- broiler

Directions

- Preheat oven 400 degrees F.
- Lay walnuts on baking sheet. Roast and shake once or twice to insure even toasting. Roast until a shade darker and aromatic, about 15 minutes.
- Remove walnuts and set aside to cool.
- Turn the oven to broil.
- Place farmer's cheese in large mixing bowl.
- Add the remaining ingredients and the toasted walnuts.
- Mix thoroughly.
- Transfer mixture to a small baking dish (aluminum disposable is fine).
- Place under broiler until brown and bubbly on top, about 2 to 3 minutes.
- Serve hot or at room temperature with crackers of any kind or slices of crusty bread.

Nutrition Facts



PROTEIN 16.93% **FAT 47.98%** **CARBS 35.09%**

Properties

Glycemic Index:22.68, Glycemic Load:8.24, Inflammation Score:-1, Nutrition Score:5.3252174412103%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 300.9kcal (15.05%), Fat: 16.41g (25.25%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 24.98g (9.08%), Sugar: 7.31g (8.12%), Cholesterol: 24.95mg (8.32%), Sodium: 576.6mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Manganese: 0.52mg (25.78%), Copper: 0.22mg (10.76%), Phosphorus: 86.97mg (8.7%), Fiber: 2.03g (8.14%), Vitamin K: 8.37µg (7.97%), Vitamin B1: 0.12mg (7.84%), Iron: 1.37mg (7.61%), Magnesium: 22.41mg (5.6%), Folate: 21.6µg (5.4%), Vitamin B3: 1.04mg (5.19%), Vitamin B2: 0.08mg (4.81%), Potassium: 166.83mg (4.77%), Vitamin B6: 0.09mg (4.34%), Vitamin E: 0.63mg (4.23%), Calcium: 41.42mg (4.14%), Zinc: 0.44mg (2.95%), Selenium: 1.35µg (1.93%), Vitamin B5: 0.13mg (1.26%)