



Roquefort Mousse and Crudites

☒ Vegetarian ☒ Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 celery stalks with leaves
- ☐ 1 pound curd cottage cheese fat-free
- ☐ 3 ounces roquefort blue crumbled

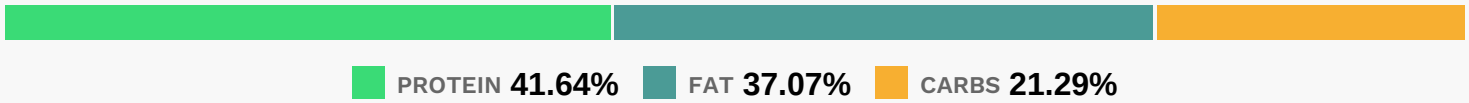
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Finely chop 2 tablespoons celery leaves, reserving stalks.
- ☐ Place the celery leaves, cottage cheese, blue cheese, and pepper in a blender or food processor, and process for 1 1/2 minutes or until smooth. Spoon cheese mixture into a bowl; cover and chill for 1 hour.
- ☐ Cut the celery stalks into sticks or as desired.
- ☐ Serve with mousse.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.4599999992744%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.99kcal (3.95%), Fat: 3.22g (4.96%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 4.09g (1.49%), Sugar: 1.16g (1.28%), Cholesterol: 11.94mg (3.98%), Sodium: 336.38mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Phosphorus: 149.88mg (14.99%), Calcium: 106.63mg (10.66%), Vitamin B2: 0.17mg (10.06%), Selenium: 6.89µg (9.84%), Vitamin B12: 0.39µg (6.51%), Vitamin B5: 0.45mg (4.47%), Zinc: 0.55mg (3.7%), Potassium: 115.71mg (3.31%), Folate: 10.38µg (2.59%), Magnesium: 9.18mg (2.29%), Vitamin A: 103.78IU (2.08%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.48µg (1.41%), Copper: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.13%), Manganese: 0.02mg (1.08%), Vitamin B3: 0.2mg (1.02%)