



Roquefort & walnut rolls

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



497 kcal

Ingredients

- ☐ 140 g walnuts
- ☐ 100 g flour
- ☐ 400 g bread flour white
- ☐ 14 g yeast
- ☐ 25 g butter
- ☐ 250 g roquefort cheese crumbled
- ☐ 2 medium eggs beaten

Equipment

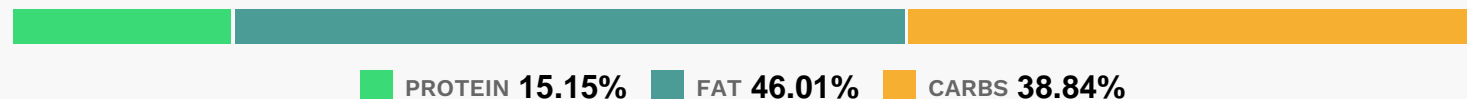
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the walnuts in a food processor and pulse to chop finely; leave to one side.
- ☐ Put the flours, 10g salt, yeast, butter and 300ml water in a bowl, stir together and begin massaging the ingredients for a minute. If the mixture seems dry, add more water a tbsp at a time to make a soft but not sticky dough, then knead in the bowl for a further couple of minutes to bring the dough together.
- ☐ Tip the dough onto a lightly floured work surface and knead well for 10 mins before returning to the bowl. Cover the bowl with cling film and leave to rise in a warm place for 1 hr. Briefly knead the walnuts into the dough, then leave to rise in the bowl for a further 20 mins.
- ☐ Tip the dough out onto a lightly floured surface and roll out into a rectangle, approx 50 x 20cm, 1cm thick.
- ☐ Sprinkle the Roquefort evenly over the dough and lightly press in.
- ☐ Place the rectangle width-ways in front of you and roll up the rectangle like a Swiss roll.
- ☐ Cut into 8 equal sized pieces and place them onto a lightly greased baking tray, cut-side down. Cover with cling film and leave to rise for 1 hr.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Brush each round of dough with the beaten egg and bake for 20 mins. Leave to cool for a few minutes and eat while still warm. These are delicious on their own or served with a soup or a chunky salad with apple in it.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:23.91, Inflammation Score:-6, Nutrition Score:17.483478075784%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg

Nutrients (% of daily need)

Calories: 496.59kcal (24.83%), Fat: 25.84g (39.76%), Saturated Fat: 9.24g (57.73%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 44.91g (16.33%), Sugar: 0.71g (0.78%), Cholesterol: 75.76mg (25.25%), Sodium: 603.52mg (26.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Manganese: 1.52mg (75.99%), Selenium: 36.51µg (52.16%), Phosphorus: 309.85mg (30.99%), Folate: 100.68µg (25.17%), Vitamin B1: 0.37mg (24.8%), Calcium: 243.21mg (24.32%), Vitamin B2: 0.38mg (22.43%), Copper: 0.45mg (22.33%), Magnesium: 68.98mg (17.24%), Fiber: 4.18g (16.72%), Zinc: 2.22mg (14.83%), Vitamin B5: 1.34mg (13.43%), Vitamin B6: 0.25mg (12.36%), Vitamin B3: 2.26mg (11.29%), Iron: 1.82mg (10.09%), Vitamin A: 470.31IU (9.41%), Potassium: 233.63mg (6.68%), Vitamin B12: 0.3µg (5.07%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.12µg (1.07%)