



Roquefort-Walnut Terrine with Apple Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup crème fraîche sour
- 8 servings top for serving
- 2 tablespoons dijon mustard
- 4 medium granny smith apples
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil pure
- 1 pound roquefort cheese at room temperature

- 8 servings salt and pepper freshly ground
- 7 ounces walnuts

Equipment

- bowl
- baking sheet
- oven
- knife
- plastic wrap
- loaf pan

Directions

- Preheat the oven to 35
- Spread the walnuts on a baking sheet and toast for about 10 minutes, or until lightly browned and fragrant.
- Let cool.
- Line a 7-by-5-inch loaf pan with plastic wrap, leaving 3 inches of overhang all around. In a large bowl, break up the Roquefort with a fork until slightly chunky.
- Add the walnuts and crme frache and mix thoroughly. Scrape the mixture into the loaf pan and smooth the top. Cover with the overhanging plastic wrap and refrigerate until very firm, at least 6 hours or overnight.
- Peel, core and thinly slice the apples. In a medium bowl, toss the apples with 2 tablespoons of the lemon juice. In a small bowl, combine the remaining 2 teaspoons of lemon juice with the olive oil, mustard and balsamic vinegar. Season with salt and pepper.
- Pour the vinaigrette over the apples and toss well.
- Unmold the Roquefort terrine and discard the plastic wrap. Run a thin knife under hot water and wipe it off, then cut the terrine into 3/4-inch-thick slices, rinsing and drying the knife after each cut. Arrange the slices on small plates and serve with the apple salad and bread.
- Wine Recommendation: The dominating saltiness of the Roquefort and the unctuousness of the walnuts make an ideal contrast for the 1989 Chteau Lafaurie-Peyraguey
- Sauternes or the 1988 Chteau Sigalas Rabaud

Sauternes.

Nutrition Facts

PROTEIN 12.22% **FAT 73.77%** **CARBS 14.01%**

Properties

Glycemic Index:30.19, Glycemic Load:4.56, Inflammation Score:-7, Nutrition Score:15.467825910319%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 542.96kcal (27.15%), Fat: 46.19g (71.06%), Saturated Fat: 16.32g (102%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 15.7g (5.71%), Sugar: 11.58g (12.87%), Cholesterol: 67.99mg (22.66%), Sodium: 1277.7mg (55.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.42%), Manganese: 0.92mg (46.17%), Calcium: 437.99mg (43.8%), Phosphorus: 345.73mg (34.57%), Vitamin B2: 0.45mg (26.4%), Copper: 0.45mg (22.45%), Selenium: 12.07µg (17.24%), Vitamin A: 829.74IU (16.59%), Magnesium: 66.22mg (16.55%), Fiber: 4.04g (16.16%), Folate: 58.79µg (14.7%), Zinc: 2.12mg (14.1%), Vitamin B5: 1.29mg (12.94%), Vitamin B6: 0.26mg (12.9%), Vitamin E: 1.44mg (9.6%), Vitamin B1: 0.14mg (9.57%), Potassium: 307.3mg (8.78%), Vitamin C: 6.23mg (7.56%), Iron: 1.32mg (7.36%), Vitamin B12: 0.42µg (7.05%), Vitamin K: 7.23µg (6.89%), Vitamin B3: 0.88mg (4.38%)