



Stilton & chutney rarebit bites

READY IN



55 min.

SERVINGS



8

CALORIES



429 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 onion red thinly sliced
- ☐ 4 tbsp muscovado sugar
- ☐ 100 ml balsamic vinegar
- ☐ 300 g coarsely stilton cheese crumbled
- ☐ 200 g parmesan grated (or vegetarian alternative)
- ☐ 2 tbsp crème fraîche
- ☐ 2 eggs beaten
- ☐ 2 tsp coarse mustard
- ☐ 6 slices sourdough bread

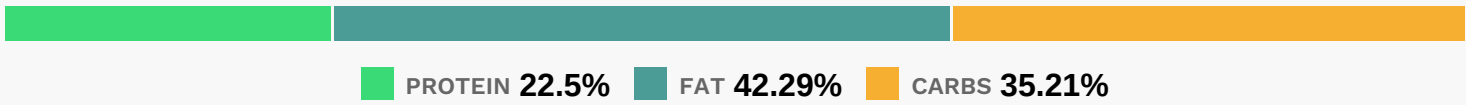
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Put the onions, sugar and vinegar into a large pan on a low heat. Cook for about 25 mins, stirring now and again, until gloopy and sticky. Cool.
- ☐ Mix together the cheeses, crme frache, eggs and mustard with some seasoning, then chill.
- ☐ To serve, heat the grill, lightly toast the bread and cut each slice into chunks. Put onto a baking sheet, spread a tsp of chutney on each chunk, then pile on the rarebit mixture as much as the little squares can hold. Grill for 3–5 mins until golden brown and bubbling.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:21.38, Inflammation Score:-6, Nutrition Score:15.666956538739%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 429.02kcal (21.45%), Fat: 20.08g (30.89%), Saturated Fat: 12.03g (75.19%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 36.05g (13.11%), Sugar: 11.77g (13.07%), Cholesterol: 87.82mg (29.27%), Sodium: 1156.89mg (50.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.07%), Calcium: 543.88mg (54.39%), Selenium: 28.91µg (41.3%), Phosphorus: 405.21mg (40.52%), Vitamin B2: 0.49mg (29.1%), Vitamin B1: 0.38mg (25.43%), Folate: 85.01µg (21.25%), Manganese: 0.33mg (16.27%), Zinc: 2.4mg (16.02%), Iron: 2.61mg (14.5%), Vitamin B12: 0.86µg (14.36%), Vitamin B3: 2.82mg (14.1%), Vitamin B5: 1.15mg (11.46%), Vitamin A: 560.9IU (11.22%), Magnesium: 42.11mg (10.53%), Vitamin B6: 0.19mg (9.63%), Potassium: 259.18mg (7.41%), Fiber: 1.58g (6.31%), Copper: 0.12mg (6.12%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.39mg (2.58%), Vitamin C: 2.07mg (2.51%),

Vitamin K: 1.87µg (1.78%)