



Stilton & cranberry toastie

READY IN



15 min.

SERVINGS



1

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread white
- ☐ 1 large knob butter softened
- ☐ 50 g coarsely stilton cheese crumbled
- ☐ 1 spring onion sliced
- ☐ 1 tbsp jam

Equipment

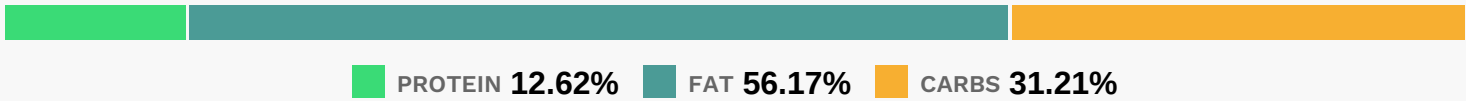
- ☐ frying pan

Directions

- ☐
- Butter both slices of the bloomer. Make into a sandwich with the stilton, spring onion and cranberry jelly, keeping the butter on the outside of the bread. Fry in a non-stick griddle or frying pan for 3-4 mins on each side. Keep the heat gentle so the cheese melts slowly as the bread becomes golden and crunchy.

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Nutrition Facts



Properties

Glycemic Index:222.67, Glycemic Load:22.25, Inflammation Score:-7, Nutrition Score:15.812608672225%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 539.95kcal (27%), Fat: 33.95g (52.24%), Saturated Fat: 20.54g (128.38%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 39.67g (14.43%), Sugar: 13.45g (14.95%), Cholesterol: 82.65mg (27.55%), Sodium: 983.23mg (42.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.33%), Calcium: 351.68mg (35.17%), Manganese: 0.7mg (34.96%), Selenium: 24.06µg (34.37%), Vitamin K: 30.25µg (28.81%), Phosphorus: 279.02mg (27.9%), Vitamin B2: 0.36mg (21.42%), Vitamin A: 1027.05IU (20.54%), Folate: 76.11µg (19.03%), Vitamin B3: 3.72mg (18.6%), Vitamin B1: 0.26mg (17.03%), Iron: 2.45mg (13.62%), Vitamin B5: 1.36mg (13.6%), Zinc: 1.99mg (13.27%), Fiber: 2.77g (11.09%), Vitamin B12: 0.65µg (10.76%), Magnesium: 38.08mg (9.52%), Vitamin B6: 0.16mg (7.86%), Potassium: 260.52mg (7.44%), Copper: 0.13mg (6.64%), Vitamin E: 0.81mg (5.39%), Vitamin C: 4.13mg (5%), Vitamin D: 0.25µg (1.67%)