



Walnut and Blue Cheese Grapes

 Vegetarian  Gluten Free

READY IN



162 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- 2 ounces cheese blue at room temperature
- 2 ounces cream cheese at room temperature
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.3 cup heavy cream
- 18 grapes red seedless chilled
- 2 tablespoons sugar
- 4 ounces walnuts toasted finely chopped (see Cook's Note)

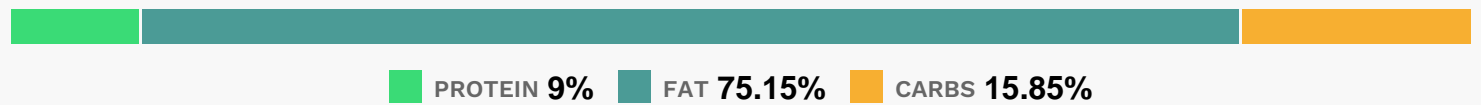
Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- baking pan

Directions

- Line a small baking sheet or baking dish with parchment paper. Set aside.
- In a food processor, blend together the cream cheese, blue cheese, and heavy cream until smooth.
- Transfer to a medium bowl.
- Add the grapes and stir until coated with the cheese mixture.
- In another small bowl, mix together the walnuts, sugar, and parsley.
- Using a fork, transfer the grapes, one at a time, to the walnut mixture and, using clean hands, gently roll in the mixture until coated.
- Place the grapes on the prepared baking sheet. Refrigerate for 2 to 3 hours and serve.
- Cook's Note: To toast the walnuts, arrange in a single layer on a baking sheet.
- Bake in a preheated 350 degrees F oven for 6 to 8 minutes until lightly toasted. Cool completely before using.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:6.69, Inflammation Score:-6, Nutrition Score:11.685217225033%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin:

0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 374.97kcal (18.75%), Fat: 32.87g (50.57%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 15.6g (5.2%),
Net Carbohydrates: 13.43g (4.88%), Sugar: 11.27g (12.52%), Cholesterol: 41.76mg (13.92%), Sodium: 213.73mg
(9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Manganese: 0.99mg (49.51%), Vitamin
K: 37.96µg (36.16%), Copper: 0.49mg (24.63%), Phosphorus: 182.4mg (18.24%), Vitamin A: 706.18IU (14.12%),
Magnesium: 52.94mg (13.24%), Calcium: 131.26mg (13.13%), Vitamin B6: 0.21mg (10.5%), Vitamin B2: 0.18mg
(10.36%), Folate: 38.25µg (9.56%), Zinc: 1.4mg (9.32%), Fiber: 2.17g (8.67%), Vitamin B1: 0.12mg (8.28%), Selenium:
5.17µg (7.39%), Potassium: 248.33mg (7.1%), Iron: 1.11mg (6.15%), Vitamin B5: 0.54mg (5.45%), Vitamin C: 3.84mg
(4.65%), Vitamin B12: 0.23µg (3.8%), Vitamin E: 0.55mg (3.67%), Vitamin B3: 0.55mg (2.77%), Vitamin D: 0.31µg
(2.06%)