

Blue Cheese Crackers

Jill Melton - Editor, Relish Magazine

Relish Magazine - November 2013

Yield: 5 to 6 dozen

1 1/4 cups all-purpose flour

1 cup pecan pieces, toasted and cooled

1/2 cup (1 stick) cold unsalted

butter, cut into 12 pieces.

6 ounces cold blue cheese, crumbled or
cut into small pieces

1 egg, separated

Put the flour into a food processor fitted with the steel blade. Add the pecans and pulse until the pecans are finely chopped. Add the butter and blue cheese and pulse until a mix of pea-sized lumps and sandy crumbs forms. Add the egg yolk and pulse again just until the dough comes together.

Scrape the dough onto a large sheet of wax paper and press. Cut the dough into halves and form each piece into a ten-inch log. Wrap in wax paper and freeze until firm, 30 minutes to one hour.

Preheat the oven to 375 degrees,

Cover two large baking sheets with parchment.

Cut the logs into 1/4-inch-thick slices and arrange about one-half inch apart on the baking sheets. Lightly beat the egg white and brush on the tops of the crackers. Prick with a fork.

Bake for 13 to 15 minutes until golden brown. Let cool.

Store in an airtight container.

Per Serving (excluding unknown items): 1049 Calories; 52g Fat (45.3% calories from fat); 23g Protein; 120g Carbohydrate; 4g Dietary Fiber; 336mg Cholesterol; 79mg Sodium. Exchanges: 8 Grain(Starch); 1 Lean Meat; 9 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1049	Vitamin B6 (mg):	.1mg
% Calories from Fat:	45.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	45.9%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	52g	Folacin (mcg):	266mcg
Saturated Fat (g):	30g	Niacin (mg):	9mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	336mg	% Refused:	n n%
Carbohydrate (g):	120g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	8
Protein (g):	23g	Lean Meat:	1
Sodium (mg):	79mg	Vegetable:	0
Potassium (mg):	249mg	Fruit:	0
Calcium (mg):	63mg	Non-Fat Milk:	0
Iron (mg):	8mg	Fat:	9 1/2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	1978IU		
Vitamin A (r.e.):	497 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 1049	Calories from Fat: 475
% Daily Values*	
Total Fat 52g	81%
Saturated Fat 30g	152%
Cholesterol 336mg	112%
Sodium 79mg	3%
Total Carbohydrates 120g	40%
Dietary Fiber 4g	17%
Protein 23g	
Vitamin A	40%
Vitamin C	0%
Calcium	6%
Iron	46%

* Percent Daily Values are based on a 2000 calorie diet.