



Almond Crusted Chevre and Grape Truffles

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



13

CALORIES



54 kcal

SIDE DISH

Ingredients

- 0.3 cup chives thinly sliced
- 2 ounces cream cheese softened
- 13 grapes
- 2 tablespoons port wine
- 13 servings salt and pepper to taste
- 0.5 cup almonds whole

Equipment

- food processor

- bowl
- frying pan
- plastic wrap
- stove
- cutting board
- chefs knife

Directions

- In a bowl, mix together chevre and cream cheese with a fork.
- Add port wine and a pinch of salt and pepper; mix until smooth. Chill 30 minutes.
- Toast almonds stovetop in a dry frypan until toasted, shaking the pan frequently, about 5 minutes on medium high heat.
- Lay out on a large cutting board to cool. Using a chef's knife, finely chop the almonds. Alternately, if you prefer to have ground almonds, chop in a food processor or grinder.
- Scoop 1 tablespoon cheese mixture. Press grape into mixture. Using plastic wrap, cover grape with cheese and roll into little ball with grape inside.
- Remove plastic wrap. Continue making rest of truffles.
- Spread almonds onto plate and mix in the chives.
- Roll each truffle ball in almonds and coat evenly.
- Refrigerate, covered until serving.

Nutrition Facts

■ PROTEIN **10.9%** ■ FAT **69.61%** ■ CARBS **19.49%**

Properties

Glycemic Index:9.85, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.2486956495306%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 2.19mg, Malvidin: 2.19mg, Malvidin: 2.19mg, Malvidin: 2.19mg Peonidin: 0.09mg, Peonidin: 0.09mg,

Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg
Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg,
Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 54.48kcal (2.72%), Fat: 4.26g (6.55%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 2.68g (0.89%), Net
Carbohydrates: 1.93g (0.7%), Sugar: 1.37g (1.52%), Cholesterol: 4.41mg (1.47%), Sodium: 207.87mg (9.04%), Alcohol:
0.35g (100%), Alcohol %: 2.43% (100%), Protein: 1.5g (3%), Vitamin E: 1.46mg (9.71%), Manganese: 0.14mg (6.79%),
Vitamin B2: 0.08mg (4.56%), Magnesium: 16.13mg (4.03%), Copper: 0.07mg (3.31%), Phosphorus: 32.78mg (3.28%),
Fiber: 0.75g (3.01%), Vitamin K: 2.46µg (2.34%), Calcium: 20.54mg (2.05%), Vitamin A: 95.41IU (1.91%), Potassium:
60.06mg (1.72%), Iron: 0.25mg (1.37%), Zinc: 0.2mg (1.36%), Vitamin B1: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.11%)