



Chevre Truffles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds finely chopped
- 0.3 cup herbs: rosemary fresh chopped (your choice of thyme, basil, parsley, oregano...)
- 2 spring onion finely chopped
- 2 teaspoons paprika
- 0.3 teaspoon pepper

Equipment

- bowl
- sifter

Directions

- In a bowl, using a fork, mix the chevre, green onions, pepper and half of the chopped herbs (2 tablespoons) until the mixture is smooth. Using two spoons, portion cheese mixture into 10 mL (2 tablespoon) balls, rolling them in the palm of your hands.
- Roll 8 balls in the chopped nuts and place on a service platter. Using a small sifter, sprinkle paprika on 8 other cheese balls.
- Serve the remaining cheese truffles as they are or roll them in the remaining chopped herbs.
- Serve as an appetizer on tooth picks.

Nutrition Facts

PROTEIN 14.26% **FAT 65.47%** **CARBS 20.27%**

Properties

Glycemic Index:5.04, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.340000026252%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 9.69kcal (0.48%), Fat: 0.77g (1.19%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin K: 12.49µg (11.89%), Vitamin E: 0.44mg (2.93%), Vitamin A: 144.84IU (2.9%), Manganese: 0.04mg (2.1%), Vitamin C: 1.02mg (1.24%), Magnesium: 4.87mg (1.22%), Vitamin B2: 0.02mg (1.2%), Fiber: 0.3g (1.19%)