



Creamy Truffled Hazelnut Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon dijon mustard
- 1 pound ricotta cheese fresh
- 0.5 cup goat cheese soft
- 3 ounces hazelnuts
- 10 servings salt and pepper white freshly ground
- 0.3 teaspoon truffle oil

Equipment

- food processor

- bowl
- oven
- kitchen towels

Directions

- Preheat the oven to 35
- Spread the hazelnuts in a pie plate and bake for about 12 minutes, or until the nuts are fragrant and the skins blister.
- Let cool, then transfer the nuts to a kitchen towel and rub to remove the skins.
- Transfer the nuts to a food processor and pulse until finely ground.
- Transfer the nuts to a bowl and wipe out the food processor.
- In the food processor, combine the ricotta, goat cheese, mustard and truffle oil and process until smooth and creamy, scraping down the sides of the bowl.
- Transfer the dip to a serving bowl and stir in the hazelnuts. Season with salt and white pepper, add a little more truffle oil, if needed, and serve.
- Make Ahead: The dip can be refrigerated overnight.
- Serve With: Pear and apple slices, garlic or black pepper crackers, flatbreads and grissini.
- Wine Recommendation: Stuckey: The lively 1997 Robert Sinskey Aries Pinot Blanc from Napa has a lemony acidity that stands up to the creamy cheeses; the judicious amount of nutty French oak echoes the hazelnuts. Triffon: The spread's hazelnut and truffle flavors call for richness, in the form of the yeasty, mouth-filling Nonvintage Bollinger Special Cuve Brut Champagne.

Nutrition Facts

  

 **PROTEIN 20.02%**  **FAT 70.34%**  **CARBS 9.64%**

Properties

Glycemic Index:7.4, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:6.7239130761312%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg,

Epigallocatechin: 0.24mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg,
Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 169.41kcal (8.47%), Fat: 13.61g (20.94%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.6g (0.67%), Cholesterol: 28.35mg (9.45%), Sodium: 85.47mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.43%), Manganese: 0.63mg (31.37%), Phosphorus: 129.45mg (12.94%), Copper: 0.26mg (12.87%), Calcium: 125.1mg (12.51%), Selenium: 7.33µg (10.47%), Vitamin E: 1.36mg (9.08%), Vitamin B2: 0.14mg (8.47%), Vitamin A: 321.15IU (6.42%), Iron: 1.08mg (6.01%), Zinc: 0.86mg (5.77%), Magnesium: 22.71mg (5.68%), Fiber: 1.37g (5.48%), Vitamin B6: 0.1mg (4.91%), Vitamin B1: 0.07mg (4.66%), Folate: 16.65µg (4.16%), Potassium: 110.62mg (3.16%), Vitamin B12: 0.18µg (2.93%), Vitamin B5: 0.25mg (2.53%), Vitamin K: 1.98µg (1.88%), Vitamin B3: 0.26mg (1.28%), Vitamin C: 0.96mg (1.16%)