



Curried Truffles

 Vegetarian  Gluten Free

READY IN



19 min.

SERVINGS



1

CALORIES



2054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds toasted finely chopped
- 8 oz cream cheese softened
- 2 teaspoons curry powder
- 0.5 cup apricot dried finely chopped
- 0.5 cup cranberries dried finely chopped
- 6 ounces goat cheese
- 1 tablespoon spring onion finely chopped
- 2 teaspoons mango chutney

0.3 teaspoon salt

Equipment

hand mixer

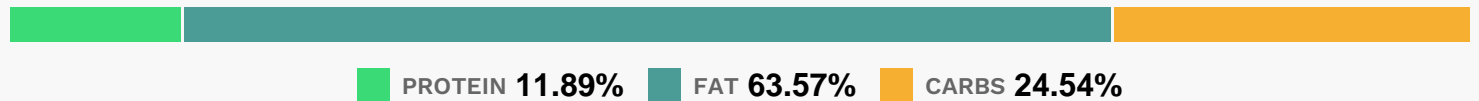
Directions

Beat first 3 ingredients at medium speed with an electric mixer until smooth. Stir in green onions, chutney, and salt. Cover and chill at least 2 hours or until firm.

Combine dried cranberries, dried apricots, and almonds. Shape cheese mixture into 1" balls.

Roll cheese balls in dried fruit mixture. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:162.4, Glycemic Load:21.4, Inflammation Score:-10, Nutrition Score:52.013043258501%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 2053.98kcal (102.7%), Fat: 151.12g (232.49%), Saturated Fat: 73.48g (459.24%), Carbohydrates: 131.25g (43.75%), Net Carbohydrates: 112.71g (40.99%), Sugar: 98.9g (109.89%), Cholesterol: 307.31mg (102.44%), Sodium: 1937.23mg (84.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.58g (127.16%), Vitamin E: 25.58mg (170.52%), Vitamin A: 7245.55IU (144.91%), Vitamin B2: 2.07mg (122.05%), Copper: 2.34mg (116.78%), Manganese: 2.33mg (116.52%), Phosphorus: 1091.87mg (109.19%), Fiber: 18.53g (74.13%), Calcium: 718.27mg (71.83%),

Magnesium: 275.84mg (68.96%), Iron: 9.45mg (52.47%), Potassium: 1740.57mg (49.73%), Selenium: 29.99µg (42.85%), Vitamin B6: 0.82mg (40.93%), Zinc: 5.44mg (36.26%), Vitamin B5: 3.26mg (32.59%), Vitamin K: 30.86µg (29.39%), Vitamin B3: 5.72mg (28.58%), Vitamin B1: 0.35mg (23.41%), Folate: 90.32µg (22.58%), Vitamin B12: 0.82µg (13.7%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.59mg (4.35%)