



Date and Almond Truffles

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups dates whole pitted
- 0.5 teaspoon ground cinnamon
- 1 tablespoon honey
- 0.1 teaspoon kosher salt
- 2 cups slivered blanched almonds toasted
- 1 cup coconut or unsweetened flaked toasted

Equipment

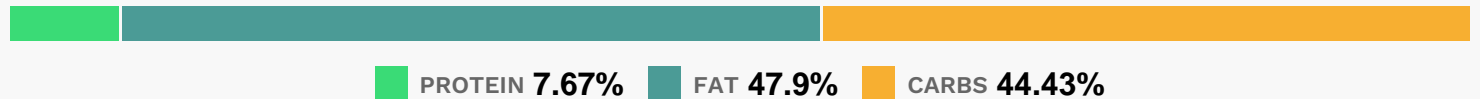
- food processor

bowl

Directions

- Place first 5 ingredients in a food processor. Process 45 seconds, scraping down sides as needed, or until mixture forms a thick paste.
- Place coconut in a shallow bowl. Shape the almond mixture into 36 (1-inch) balls.
- Roll balls in toasted coconut.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:7.62, Inflammation Score:-2, Nutrition Score:5.45608700083%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 163.23kcal (8.16%), Fat: 9.43g (14.51%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 16.05g (5.84%), Sugar: 14.81g (16.45%), Cholesterol: 0mg (0%), Sodium: 20.64mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Manganese: 0.41mg (20.7%), Vitamin E: 2.88mg (19.22%), Fiber: 3.62g (14.49%), Magnesium: 45.25mg (11.31%), Copper: 0.2mg (10.18%), Phosphorus: 80.19mg (8.02%), Potassium: 239.5mg (6.84%), Vitamin B2: 0.1mg (6.12%), Iron: 0.77mg (4.27%), Calcium: 38.15mg (3.81%), Vitamin B3: 0.71mg (3.55%), Zinc: 0.51mg (3.43%), Vitamin B6: 0.06mg (3.1%), Selenium: 1.88µg (2.69%), Folate: 10.21µg (2.55%), Vitamin B1: 0.04mg (2.43%), Vitamin B5: 0.2mg (1.97%)