



Date-Apricot Truffles



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 12 almonds salted
- ☐ 0.3 cup apricots dried finely chopped
- ☐ 1.5 teaspoons honey
- ☐ 1.5 teaspoons juice of lemon
- ☐ 8 medjool dates (2 in. long)
- ☐ 1 tablespoon neufchâtel cheese light (cream)

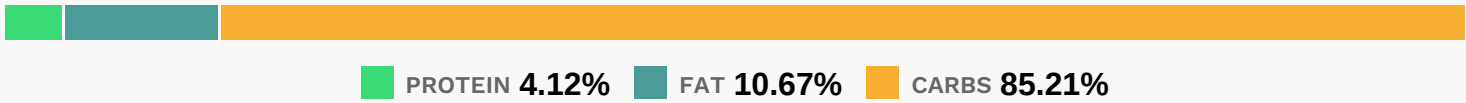
Equipment

- ☐ bowl

Directions

- ☐ Cut 8 Medjool dates (2 in. long) in half lengthwise and discard pits. Finely chop 4 date halves. In a bowl, mix chopped dates with 1/4 cup finely chopped dried apricots, 1 1/2 teaspoons honey, and 1 1/2 teaspoons lemon juice.
- ☐ Spread 1/4 teaspoon neufchâtel (light cream) cheese (1 tablespoon total) in cut side of each date half. Mound apricot mixture equally onto cheese. Push 1 roasted, salted almond (12 total) into each mound.

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:1.79, Inflammation Score:-3, Nutrition Score:3.6182608640064%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 125.1kcal (6.26%), Fat: 1.64g (2.52%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 26.63g (9.68%), Sugar: 25.8g (28.66%), Cholesterol: 1.82mg (0.61%), Sodium: 9.2mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Fiber: 2.8g (11.19%), Potassium: 306.16mg (8.75%), Copper: 0.16mg (7.83%), Manganese: 0.16mg (7.75%), Magnesium: 24.77mg (6.19%), Vitamin A: 263.72IU (5.27%), Vitamin E: 0.76mg (5.06%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 36.88mg (3.69%), Vitamin B3: 0.74mg (3.68%), Calcium: 31.9mg (3.19%), Vitamin B5: 0.31mg (3.12%), Vitamin B2: 0.05mg (2.98%), Iron: 0.52mg (2.88%), Folate: 6.85µg (1.71%), Zinc: 0.25mg (1.66%), Vitamin B1: 0.02mg (1.45%), Vitamin K: 1.07µg (1.02%)