



Feta Cheese Truffles

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces cream cheese softened
- ☐ 1 slices cucumber
- ☐ 4 oz feta cheese crumbled
- ☐ 0.5 cup parsley fresh chopped
- ☐ 20 servings grape tomatoes
- ☐ 20 servings kalamata olives
- ☐ 2 teaspoons onion finely chopped

- ☐ 20 servings almonds whole
- ☐ 0.5 teaspoon worcestershire sauce

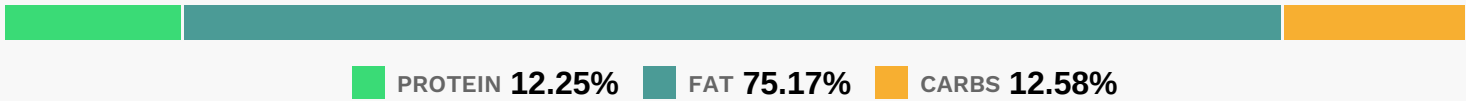
Equipment

- ☐ hand mixer

Directions

- ☐ Beat first 5 ingredients at medium speed with an electric mixer until well combined. Cover mixture tightly, and chill at least 1 hour or until firm (can chill up to 3 days).
- ☐ Roll cheese mixture into 3/4-inch-round balls.
- ☐ Roll each ball in parsley.
- ☐ Serve immediately, or cover and chill until ready to serve. If chilled, let stand 30 minutes before serving.
- ☐ Serve with cucumber slices, grape tomatoes, kalamata olives, and whole almonds.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:12.399999998186%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 238.59kcal (11.93%), Fat: 21.21g (32.64%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.69g (1.88%), Cholesterol: 10.77mg (3.59%), Sodium: 397.6mg (17.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin E: 8.52mg (56.79%), Manganese: 0.69mg (34.75%), Vitamin K: 25.25µg (24.05%), Vitamin B2: 0.41mg (23.9%), Magnesium: 85.77mg (21.44%), Fiber: 4.48g (17.93%), Phosphorus: 171.65mg (17.16%), Copper: 0.34mg (16.98%), Calcium: 127.09mg (12.71%), Zinc: 1.15mg (7.7%), Iron: 1.36mg (7.56%), Potassium: 252.28mg (7.21%), Vitamin A: 314.17IU (6.28%), Vitamin B3: 1.22mg (6.11%), Vitamin B1: 0.08mg (5.18%), Folate: 18.66µg (4.66%), Selenium: 2.75µg (3.93%), Vitamin B6: 0.08mg (3.86%), Vitamin C: 2.18mg (2.64%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.11µg (1.8%)