



Goat Cheese Truffles

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces cream cheese softened
- ☐ 20 servings apricot dried
- ☐ 20 servings figs dried
- ☐ 4 oz goat cheese crumbled
- ☐ 2 teaspoons onion finely chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon worcestershire sauce

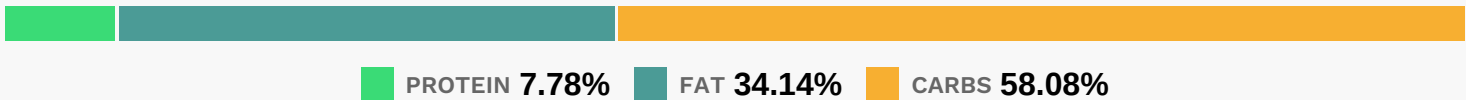
Equipment

☐ hand mixer

Directions

- ☐ Beat first 5 ingredients at medium speed with an electric mixer until well combined. Cover 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 pecans.
- ☐ Serve immediately, or cover and chill until ready to serve. If chilled, let stand 30 minutes before serving.
- ☐ Serve with dried figs and apricots.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:5.81, Inflammation Score:-7, Nutrition Score:5.0208695764127%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 128.69kcal (6.43%), Fat: 5.27g (8.11%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 17.61g (6.41%), Sugar: 16.89g (18.77%), Cholesterol: 8.33mg (2.78%), Sodium: 43.73mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin A: 1217.8IU (24.36%), Potassium: 376.76mg (10.76%), Manganese: 0.21mg (10.4%), Fiber: 2.56g (10.24%), Vitamin E: 1.4mg (9.33%), Copper: 0.18mg (9.09%), Iron: 1.01mg (5.62%), Phosphorus: 50.29mg (5.03%), Vitamin B3: 0.85mg (4.23%), Magnesium: 15.08mg (3.77%), Vitamin B2: 0.06mg (3.61%), Calcium: 33.78mg (3.38%), Vitamin B6: 0.07mg (3.37%), Vitamin B5: 0.25mg (2.54%),

Zinc: 0.33mg (2.19%), Selenium: 1.42µg (2.03%), Vitamin B1: 0.03mg (1.92%), Vitamin K: 1.45µg (1.38%), Folate: 4.93µg (1.23%)