



Gorgonzola Truffles

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 4 ounces cream cheese softened
- ☐ 4 oz gorgonzola cheese crumbled
- ☐ 20 servings grapes
- ☐ 2 teaspoons onion finely chopped
- ☐ 1 slices apple and pear
- ☐ 0.5 teaspoon worcestershire sauce

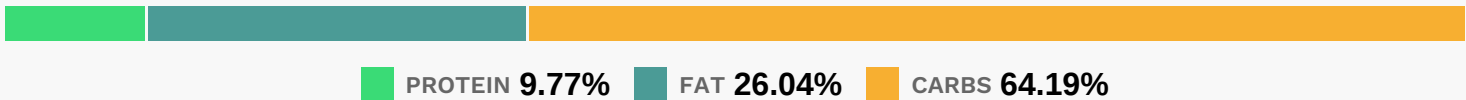
Equipment

☐ 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 bacon.
- ☐ Serve immediately, or cover and chill until ready to serve. If chilled, let stand 30 minutes before serving.
- ☐ Serve with apple and pear slices and grapes.

Nutrition Facts



Properties

Glycemic Index:9.79, Glycemic Load:10.41, Inflammation Score:-2, Nutrition Score:4.4347826009211%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 141.13kcal (7.06%), Fat: 4.39g (6.76%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.02g (8.37%), Sugar: 20.48g (22.75%), Cholesterol: 14.02mg (4.67%), Sodium: 172.31mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin K: 19µg (18.1%), Copper: 0.17mg (8.49%), Potassium: 272.6mg (7.79%), Vitamin B2: 0.13mg (7.35%), Vitamin B6: 0.12mg (6.16%), Vitamin B1: 0.09mg (6.06%), Fiber: 1.36g (5.44%), Phosphorus: 54.24mg (5.42%), Vitamin C: 4.37mg (5.29%), Calcium: 48.98mg (4.9%), Manganese: 0.1mg (4.87%), Vitamin A: 204.58IU (4.09%), Magnesium: 11.21mg (2.8%), Iron: 0.5mg (2.78%), Vitamin E: 0.31mg (2.07%), Selenium: 1.45µg (2.07%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.28mg (1.84%), Vitamin B3: 0.31mg

(1.56%), Folate: 5.62µg (1.4%), Vitamin B12: 0.08µg (1.36%)