



Herb-and-Garlic Goat Cheese Truffles

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon basil fresh minced
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 6 ounce log mild
- ☐ 1 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 1 teaspoons roasted garlic minced

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1 slices strawberry melon wedges

Equipment

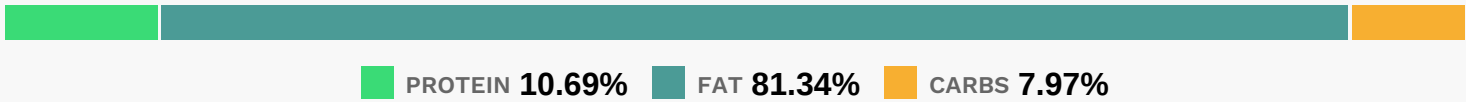
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hand mixer

Directions

- ☐
- Beat first 3 ingredients at medium speed with an electric mixer until smooth. Stir in chives and next 3 ingredients. Cover and chill 2 hours or until firm.
- ☐
- Shape cheese mixture into 24 (1 1/2-inch) balls; roll evenly in pecans. Cover and chill at least 1 hour.
- ☐
- Serve with fruit.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:2.610434739486%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Pelargonidin: 1.72mg, Pelargonidin: 1.72mg, Pelargonidin: 1.72mg, Pelargonidin: 1.72mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 85.77kcal (4.29%), Fat: 8.04g (12.37%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.95g (1.05%), Cholesterol: 12.8mg (4.27%), Sodium: 55.86mg (2.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Manganese: 0.25mg (12.4%), Copper: 0.11mg (5.64%), Vitamin C: 4.32mg (5.24%), Phosphorus: 42.89mg (4.29%), Vitamin A: 213.59IU (4.27%), Vitamin B2: 0.06mg (3.33%), Vitamin B1: 0.04mg (2.62%), Calcium: 24.06mg (2.41%), Fiber: 0.59g (2.37%), Zinc: 0.33mg (2.21%), Magnesium: 8.6mg (2.15%), Vitamin B6: 0.04mg (1.89%), Selenium: 1.23µg (1.76%), Iron: 0.3mg (1.66%), Vitamin B5: 0.15mg (1.52%), Potassium: 45.41mg (1.3%), Vitamin K: 1.32µg (1.26%), Vitamin E: 0.18mg (1.2%), Folate: 4.6µg (1.15%)