



Holiday Cheese Truffles

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz philadelphia cream cheese softened
- 1 tsp garlic powder
- 2 green onions sliced
- 1 dash ground pepper red (cayenne)
- 1.7 cups planters pecans finely chopped
- 0.3 cup roasted peppers red chopped
- 8 oz sharp cheddar cheese shredded kraft

Equipment

blender

Directions

- Beat first 4 ingredients with mixer until blended. Divide in half.
- Add peppers to half the cream cheese mixture, and onions to remaining half; mix each until blended.
- Refrigerate several hours or until chilled.
- Shape each mixture into 24 (1-inch balls); roll in nuts.

Nutrition Facts

 **PROTEIN 10.24%**  **FAT 83.54%**  **CARBS 6.22%**

Properties

Glycemic Index:8.87, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:6.3095652305562%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 245.17kcal (12.26%), Fat: 23.48g (36.12%), Saturated Fat: 9.69g (60.58%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.67g (1.85%), Cholesterol: 45.66mg (15.22%), Sodium: 226.16mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Manganese: 0.51mg (25.41%), Calcium: 146.21mg (14.62%), Phosphorus: 134.01mg (13.4%), Vitamin A: 594.64IU (11.89%), Selenium: 7.36µg (10.52%), Vitamin B2: 0.15mg (8.99%), Zinc: 1.22mg (8.14%), Copper: 0.15mg (7.4%), Vitamin B1: 0.09mg (5.75%), Magnesium: 20.86mg (5.21%), Fiber: 1.15g (4.58%), Vitamin K: 4.7µg (4.48%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.54mg (3.6%), Vitamin B5: 0.33mg (3.33%), Potassium: 107.08mg (3.06%), Vitamin B6: 0.06mg (2.96%), Folate: 9.82µg (2.45%), Iron: 0.39mg (2.17%), Vitamin C: 1.51mg (1.84%)