



HEALTH SCORE

70%

Honey Mustard Truffles



Vegetarian



Gluten Free



Very Healthy

READY IN



19 min.

SERVINGS



1

CALORIES



2151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 6 ounces goat cheese
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons dijon honey mustard
- ☐ 1 cup honey-roasted peanuts finely chopped

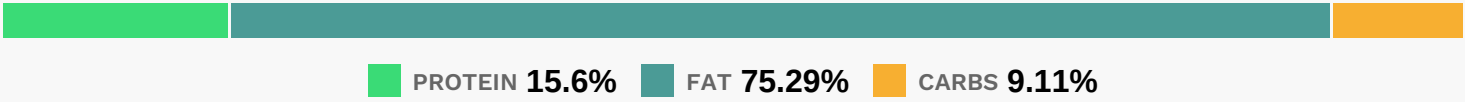
Equipment

- ☐ hand mixer

Directions

- ☐
- Beat first 3 ingredients at medium speed with an electric mixer until smooth. Stir in parsley and red pepper. Cover and chill at least 2 hours or until firm.
- ☐
- Shape cheese mixture into 1" balls.
- ☐
- Roll cheese balls in honey-roasted peanuts. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:53.891304347826%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2151.21kcal (107.56%), Fat: 185.59g (285.52%), Saturated Fat: 81.66g (510.35%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 37.27g (13.55%), Sugar: 16.13g (17.92%), Cholesterol: 307.31mg (102.44%), Sodium: 2122.67mg (92.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.52g (173.05%), Manganese: 3.65mg (182.49%), Phosphorus: 1246.93mg (124.69%), Vitamin B3: 22.84mg (114.18%), Copper: 2.26mg (112.94%), Vitamin A: 5347.99IU (106.96%), Vitamin B2: 1.3mg (76.51%), Magnesium: 295.67mg (73.92%), Vitamin K: 73.83µg (70.31%), Calcium: 610.39mg (61.04%), Folate: 231.39µg (57.85%), Fiber: 13.26g (53.05%), Selenium: 35.27µg (50.38%), Vitamin B6: 0.94mg (47.09%), Vitamin B5: 4.5mg (44.98%), Potassium: 1508.79mg (43.11%), Vitamin B1: 0.64mg (42.61%), Iron: 7.1mg (39.43%), Zinc: 5.67mg (37.83%), Vitamin E: 2.44mg (16.24%), Vitamin B12: 0.82µg (13.7%), Vitamin C: 5.7mg (6.91%), Vitamin D: 0.68µg (4.54%)