



## Mini Fig and Walnut Cheese Balls

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz goat cheese
- 4 oz cream cheese (half of 8-oz package)
- 0.3 cup let set min. spread
- 1 cup walnut pieces chopped




### Equipment

- bowl
- toothpicks
- skewers

## Directions

- In medium bowl, stir goat cheese, cream cheese and jam until well blended.
- Shape mixture into 1-inch balls (about 1 tablespoon each).
- Roll in walnuts to coat (some cheese will show through nuts).
- To serve, place cheese balls on a platter, then skewer with a wooden toothpick.

## Nutrition Facts

 **PROTEIN 10.94%**  **FAT 74.57%**  **CARBS 14.49%**

## Properties

Glycemic Index:12.75, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:5.2747826368912%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 202.14kcal (10.11%), Fat: 17.4g (26.78%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.44g (4.93%), Cholesterol: 20.84mg (6.95%), Sodium: 99.2mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.49%), Manganese: 0.52mg (25.89%), Copper: 0.35mg (17.29%), Phosphorus: 103.39mg (10.34%), Vitamin A: 339.72IU (6.79%), Magnesium: 26.93mg (6.73%), Vitamin B2: 0.11mg (6.69%), Vitamin B6: 0.12mg (6.17%), Calcium: 49.33mg (4.93%), Folate: 18.08µg (4.52%), Zinc: 0.66mg (4.38%), Vitamin B1: 0.06mg (4.28%), Fiber: 1.06g (4.23%), Iron: 0.74mg (4.14%), Selenium: 2.47µg (3.53%), Potassium: 92.28mg (2.64%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.26mg (1.72%), Vitamin B3: 0.24mg (1.2%)