



Prim's Basil-Wrapped Goat Cheese Balls

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



25

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 25 large basil leaves
- 5 ounces goat cheese at room temperature
- 2 teaspoons ground pepper black
- 2 teaspoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 1 pinch sea salt

Equipment

- bowl

Directions

- Stir goat cheese, 1/4 cup olive oil, and lemon juice together in a small bowl; season with salt and black pepper.
- Place a spoonful of goat cheese mixture onto each basil leaf. Wrap the basil leaf around the goat cheese to form a ball.
- Drizzle with olive oil.

Nutrition Facts

PROTEIN 12.29% **FAT 86.11%** **CARBS 1.6%**

Properties

Glycemic Index:4.08, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.8326086965592%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 34.64kcal (1.73%), Fat: 3.36g (5.18%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.06g (0.07%), Cholesterol: 2.61mg (0.87%), Sodium: 22.51mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin K: 3.32µg (3.17%), Copper: 0.05mg (2.26%), Vitamin E: 0.33mg (2.18%), Vitamin A: 80.57IU (1.61%), Manganese: 0.03mg (1.54%), Phosphorus: 15.02mg (1.5%), Vitamin B2: 0.02mg (1.31%)