



Savory Cheese Truffles with Chives



Vegetarian



Gluten Free



Very Healthy

READY IN



19 min.

SERVINGS



1

CALORIES



2021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup flat parsley chopped
- ☐ 2 tablespoons chives fresh minced
- ☐ 6 ounces goat cheese
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons roasted garlic jarred minced

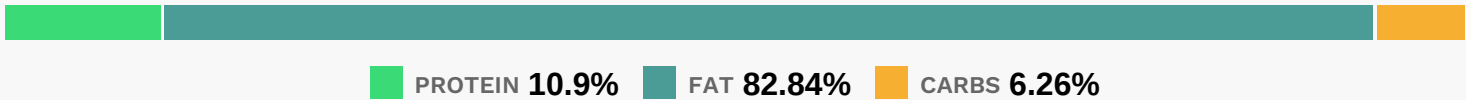
Equipment

☐ hand mixer

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer until smooth. Stir in chives, garlic, and pepper. Cover and chill at least 2 hours or until firm.
- ☐ Shape cheese mixture into 1" balls.
- ☐ Roll cheese balls in pecans and parsley. Cover and chill at least 1 hour.
- ☐ Curried Truffles: Beat cream cheese, goat cheese, and 2 tsp. curry powder at medium speed with an electric mixer until smooth (omitting lemon juice, chives, garlic, pepper, pecans, and parsley). Stir in 1 Tbsp. finely chopped green onion, 2 tsp. mango chutney, and 1/4 teaspoon salt. Cover and chill at least 2 hours or until firm.
- ☐ Combine 1/2 cup finely chopped dried cranberries, 1/2 cup finely chopped dried apricots, and 1/2 cup finely chopped toasted almonds. Shape cheese mixture into 1" balls.
- ☐ Roll cheese balls in dried fruit mixture. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:176, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:52.129130487857%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg

Kaempferol: 1.06mg Myricetin: 4.55mg, Myricetin: 4.55mg, Myricetin: 4.55mg, Myricetin: 4.55mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 2021.18kcal (101.06%), Fat: 192.71g (296.48%), Saturated Fat: 77.41g (483.81%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 20.8g (7.56%), Sugar: 14.93g (16.59%), Cholesterol: 307.31mg (102.44%), Sodium: 1356.35mg (58.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.04g (114.07%), Vitamin K: 518.16µg (493.48%), Manganese: 5.4mg (269.94%), Vitamin A: 7658.71IU (153.17%), Copper: 2.68mg (134%), Phosphorus: 1012.09mg (101.21%), Vitamin B2: 1.36mg (79.71%), Vitamin B1: 0.94mg (62.36%), Calcium: 596.94mg (59.69%), Vitamin C: 48.39mg (58.66%), Zinc: 8.08mg (53.83%), Magnesium: 200.55mg (50.14%), Fiber: 12g (47.99%), Iron: 8.4mg (46.66%), Vitamin B6: 0.9mg (44.8%), Selenium: 29.4µg (42%), Vitamin B5: 3.59mg (35.86%), Folate: 118.05µg (29.51%), Potassium: 1016.96mg (29.06%), Vitamin E: 4.04mg (26.95%), Vitamin B12: 0.82µg (13.7%), Vitamin B3: 2.7mg (13.51%), Vitamin D: 0.68µg (4.54%)