



White Chocolate-Hazelnut Cheese Balls

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



14

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

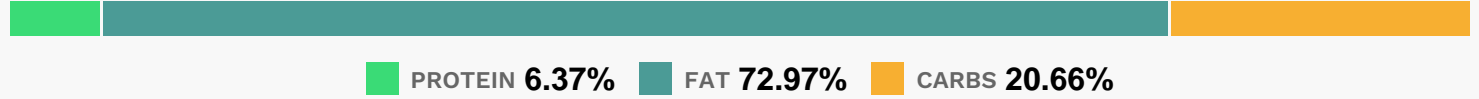
- 3.5 oz baker's chocolate white cooled melted
- 8 oz philadelphia cream cheese softened
- 0.5 cup roasted hazelnuts chopped
- 1 Tbsp sugar

Equipment

Directions

- Mix first 3 ingredients until well blended.
- Refrigerate 1 hour or until firm enough to handle.
- Shape into 2 balls; coat with nuts.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:3.81, Inflammation Score:-2, Nutrition Score:2.6934782784918%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 125.11kcal (6.26%), Fat: 10.46g (16.09%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.23g (2.27%), Sugar: 5.83g (6.48%), Cholesterol: 17.85mg (5.95%), Sodium: 57.25mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Manganese: 0.27mg (13.35%), Vitamin E: 0.85mg (5.67%), Vitamin A: 220.55IU (4.41%), Phosphorus: 42.24mg (4.22%), Copper: 0.08mg (4.05%), Vitamin B2: 0.06mg (3.66%), Calcium: 34.71mg (3.47%), Selenium: 1.82µg (2.6%), Vitamin B1: 0.04mg (2.38%), Magnesium: 9.29mg (2.32%), Potassium: 70.81mg (2.02%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.17mg (1.75%), Fiber: 0.43g (1.72%), Folate: 6.8µg (1.7%), Zinc: 0.24mg (1.59%), Vitamin K: 1.59µg (1.52%), Iron: 0.24mg (1.31%), Vitamin B12: 0.08µg (1.26%)