



## Apricot Walnut Balls

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



36

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 cups coconut flakes flaked
- 36 servings powdered sugar
- 2 cups apricot dried finely chopped
- 14 ounces condensed milk sweetened canned
- 1.3 cups walnut pieces chopped

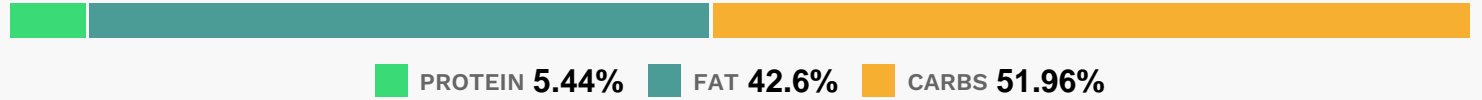
### Equipment

- bowl

## Directions

- In a bowl, combine apricots and coconut.
- Add milk; mix well. Stir in walnuts. Chill for 30 minutes (the mixture will be sticky).
- Shape into 1-in. balls and roll in confectioners' sugar. Cover and refrigerate for at least 2 hours before serving. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.18, Glycemic Load:5.05, Inflammation Score:-3, Nutrition Score:3.6030434784682%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 149.44kcal (7.47%), Fat: 7.45g (11.47%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 18.69g (6.8%), Sugar: 18.22g (20.24%), Cholesterol: 3.75mg (1.25%), Sodium: 17.15mg (0.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Manganese: 0.32mg (15.93%), Fiber: 1.76g (7.05%), Copper: 0.14mg (6.93%), Phosphorus: 59.24mg (5.92%), Vitamin A: 290.54IU (5.81%), Potassium: 174.81mg (4.99%), Selenium: 3.13µg (4.47%), Magnesium: 16.91mg (4.23%), Calcium: 40.88mg (4.09%), Vitamin B2: 0.06mg (3.81%), Iron: 0.53mg (2.96%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.38mg (2.57%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.03mg (1.89%), Folate: 6.45µg (1.61%), Vitamin B3: 0.29mg (1.46%)