



Authentic Kentucky Bourbon Balls

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bourbon
- 1 cup pecans toasted
- 2 cups powdered sugar
- 2 tablespoons cocoa powder unsweetened
- 1 cup vanilla wafers fine
- 1 teaspoon plus light

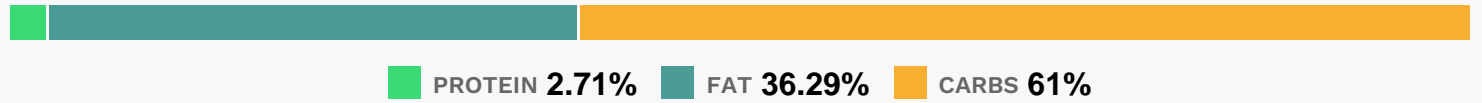
Equipment

- bowl

Directions

- In a deep bowl combine crushed vanilla wafer crumbs, chopped pecans, powdered sugar, and the cocoa. In a separate bowl, blend the bourbon and corn syrup.
- Pour the bourbon mixture into the dry mixture; blend well. Cover and chill for 3 hours. Shape small bits of the dough into balls and roll them in the powdered sugar. Store in refrigerator over night in tightly covered containers. You can also make these a few days in advance for best flavor.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:0.90347826086957%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 0.34%, Sourness: 1.92%, Bitterness: 1.74%, Savoriness: 3.01%, Fattiness: 33.15%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 64.32kcal (3.22%), Fat: 2.55g (3.92%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.81g (8.68%), Cholesterol: 0.03mg (0.01%), Sodium: 12.66mg (0.55%), Alcohol: 0.56g (3.09%), Protein: 0.43g (0.86%), Manganese: 0.14mg (6.75%), Copper: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.41g (1.64%), Magnesium: 4.72mg (1.18%), Phosphorus: 11.01mg (1.1%)