



Bourbon Balls

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 2 cups chocolate wafer crumbs
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.8 cup pecans finely chopped
- ☐ 0.5 cup raisins chopped

0.3 cup blackstrap molasses

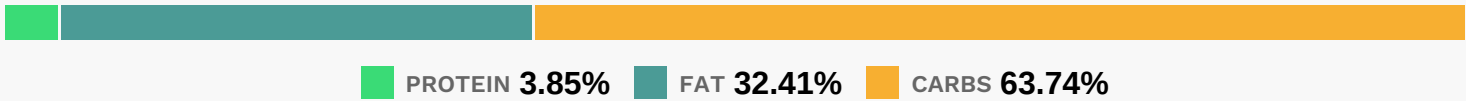
Equipment

bowl

Directions

n a small bowl, let 1/2 cup chopped raisins macerate in 1/4 cup bourbon for 15 minutes. In a large bowl, combine well 2 cups chocolate wafer crumbs,1/2 cup each of firmly packed dark brown sugar and finely chopped pecans, the raisin mixture, 1/4 cup unsulfured molasses, 1/2 teaspoon each of cinnamon and ground ginger, and 1/4 teaspoon ground cloves. Form the mixture into 1-inch balls and roll the balls in finely chopped pecans. Store the bourbon balls in an airtight container in a cool dark place for at least 1 week before serving.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:1.7004347667098%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 71.04kcal (3.55%), Fat: 2.54g (3.9%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.63g (3.86%), Sugar: 7.13g (7.92%), Cholesterol: 0.12mg (0.04%), Sodium: 38.44mg (1.67%), Alcohol: 0.56g (100%), Alcohol %: 4% (100%), Protein: 0.68g (1.36%), Manganese: 0.21mg (10.57%), Copper: 0.08mg (3.78%), Magnesium: 12.7mg (3.18%), Iron: 0.5mg (2.79%), Fiber: 0.59g (2.36%), Potassium: 77.89mg (2.23%), Vitamin B1: 0.03mg (2.06%), Phosphorus: 17.01mg (1.7%), Vitamin B6: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.37%), Selenium: 0.92µg (1.32%), Vitamin B3: 0.26mg (1.28%), Zinc: 0.18mg (1.23%), Calcium: 11.81mg (1.18%)