



Bourbon Balls



Vegetarian



Dairy Free

READY IN



28 min.

SERVINGS



1

CALORIES



3162 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 2 tablespoons cocoa powder
- ☐ 2.5 tablespoons plus light
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup powdered sugar
- ☐ 1 serving powdered sugar
- ☐ 12 oz vanilla wafers crushed finely

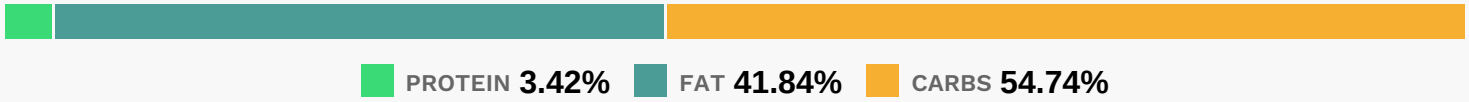
Equipment

bowl

Directions

- Combine vanilla wafers, pecans, powdered sugar, and cocoa in a large bowl; stir well.
- Combine corn syrup and bourbon, stirring well.
- Pour bourbon mixture over wafer mixture; stir until blended. Shape into 1-inch balls; roll in additional powdered sugar. Store in an airtight container up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:121, Glycemic Load:196.31, Inflammation Score:-9, Nutrition Score:34.619130258975%

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: 14.37mg, Catechin: 14.37mg, Catechin: 14.37mg, Catechin: 14.37mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 20.54mg, Epicatechin: 20.54mg, Epicatechin: 20.54mg, Epicatechin: 20.54mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 3161.76kcal (158.09%), Fat: 139.15g (214.08%), Saturated Fat: 26.93g (168.34%), Carbohydrates: 409.67g (136.56%), Net Carbohydrates: 390.74g (142.09%), Sugar: 250.09g (277.88%), Cholesterol: 3.4mg (1.13%), Sodium: 1406.94mg (61.17%), Alcohol: 40.08g (100%), Alcohol %: 6.94% (100%), Caffeine: 23mg (7.67%), Protein: 25.56g (51.13%), Manganese: 5.31mg (265.71%), Vitamin B1: 2.2mg (146.38%), Copper: 1.72mg (85.95%), Folate: 326.55µg (81.64%), Fiber: 18.93g (75.71%), Vitamin B2: 0.97mg (57.16%), Phosphorus: 523.01mg (52.3%), Vitamin B3: 10.35mg (51.77%), Magnesium: 182.34mg (45.58%), Zinc: 5.92mg (39.46%), Potassium: 889.57mg (25.42%), Iron: 4.25mg (23.64%), Vitamin B6: 0.24mg (12.1%), Vitamin E: 1.54mg (10.24%), Calcium: 97.23mg (9.72%), Vitamin B5: 0.97mg (9.66%), Selenium: 6.55µg (9.35%), Vitamin K: 4.07µg (3.87%), Vitamin C: 1.2mg (1.45%), Vitamin A: 61.04IU (1.22%)