



Bourbon Balls

READY IN



45 min.

SERVINGS



25

CALORIES



212 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.3 cup butter softened
- ☐ 1.3 cups pecans
- ☐ 16 ounce powdered sugar
- ☐ 12 ounces semi chocolate chips
- ☐ 1 tablespoon shortening

Equipment

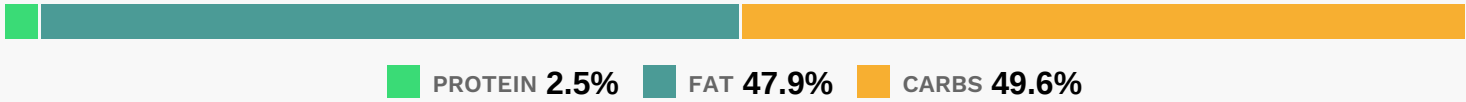
- ☐ sauce pan

☐ wax paper

Directions

- ☐ Stir together first 3 ingredients until blended. Cover and chill 8 hours.
- ☐ Shape mixture into 1-inch balls. Gently press pecan halves into 2 sides of each ball. Chill 8 hours.
- ☐ Melt chocolate and shortening in a saucepan over medium heat.
- ☐ Remove from heat. Dip bourbon balls in chocolate, and place on wax paper.
- ☐ Chill 1 hour or until hardened.
- ☐ Note: For testing purposes only, we used Woodford Reserve Distiller's Select Bourbon.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.3673913041535%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 211.77kcal (10.59%), Fat: 11.13g (17.12%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 24.37g (8.86%), Sugar: 22.94g (25.49%), Cholesterol: 5.7mg (1.9%), Sodium: 16.37mg (0.71%), Alcohol: 1.07g (100%), Alcohol %: 3.17% (100%), Caffeine: 11.7mg (3.9%), Protein: 1.31g (2.61%), Manganese: 0.4mg (20.22%), Copper: 0.23mg (11.56%), Magnesium: 29.98mg (7.5%), Fiber: 1.56g (6.26%), Iron: 1mg (5.55%), Phosphorus: 49.76mg (4.98%), Zinc: 0.59mg (3.93%), Potassium: 98.42mg (2.81%), Vitamin B1: 0.04mg (2.5%), Selenium: 1.46µg (2.09%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.58µg (1.51%), Vitamin A: 66.3IU (1.33%), Calcium: 12.63mg (1.26%), Vitamin B2: 0.02mg (1.03%)