

Bourbon Balls



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 1.5 tablespoons cocoa powder
- ☐ 2 tablespoons plus
- ☐ 1 cup pecans finely chopped
- ☐ 1 cup powdered sugar
- ☐ 36 servings powdered sugar
- ☐ 3 cups vanilla wafers crushed

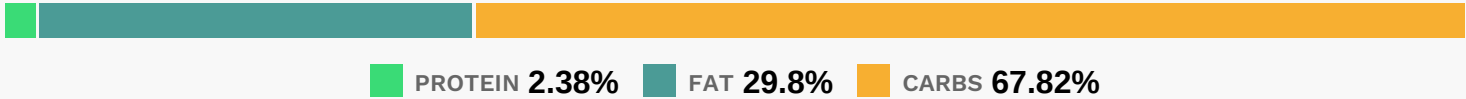
Equipment

bowl

Directions

Combine first 4 ingredients in a medium bowl. Stir in corn syrup and bourbon. Shape mixture into 1-inch balls; roll in powdered sugar. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:5.25, Inflammation Score:-1, Nutrition Score:1.1873913118211%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.99kcal (5.95%), Fat: 3.81g (5.86%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 19g (6.91%), Sugar: 15.04g (16.71%), Cholesterol: 0.09mg (0.03%), Sodium: 37.91mg (1.65%), Alcohol: 1.11g (100%), Alcohol %: 4.99% (100%), Protein: 0.69g (1.37%), Manganese: 0.15mg (7.26%), Vitamin B1: 0.06mg (3.97%), Copper: 0.05mg (2.29%), Folate: 8.8µg (2.2%), Fiber: 0.5g (1.98%), Vitamin B2: 0.03mg (1.64%), Phosphorus: 13.9mg (1.39%), Vitamin B3: 0.28mg (1.39%), Magnesium: 4.72mg (1.18%), Zinc: 0.16mg (1.06%)