



Bourbon Balls I

READY IN



45 min.

SERVINGS



36

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons coconut or flaked
- ☐ 2.3 ounces colored candy sprinkles
- ☐ 1 cup confectioners' sugar
- ☐ 0.5 cup raisins chopped
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 cup walnuts finely chopped

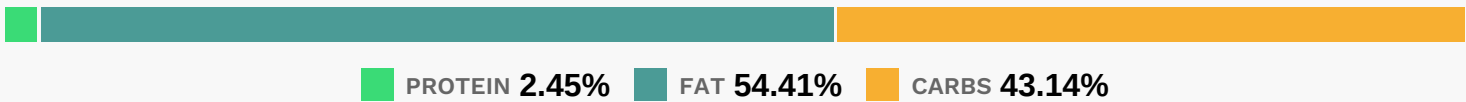
Equipment

☐ wax paper

Directions

- ☐ Mix the butter and the confectioners' sugar until smooth. Stir in the chopped nuts, raisins, cocoa, coconut and bourbon. Refrigerate mixture until firm, about 1 hour.
- ☐ Shape mixture into small balls and roll in chocolate sprinkles to coat. Work fast, as they can melt in your hands. Chill on a wax paper lined tray. Keep balls refrigerated in a covered container.

Nutrition Facts



Properties

Glycemic Index:3.99, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:0.79608695986478%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 64.05kcal (3.2%), Fat: 3.94g (6.06%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.94g (5.49%), Cholesterol: 6.78mg (2.26%), Sodium: 21.1mg (0.92%), Alcohol: 0.28g (100%), Alcohol %: 2.66% (100%), Protein: 0.4g (0.8%), Manganese: 0.08mg (3.97%), Copper: 0.05mg (2.25%), Vitamin A: 79.11IU (1.58%), Fiber: 0.39g (1.58%), Magnesium: 4.87mg (1.22%), Phosphorus: 10.53mg (1.05%)