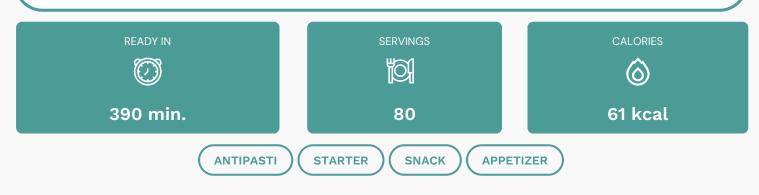


# **Bourbon-Chestnut Bonbons**



## Ingredients

0.5 cup whipping cream
2 cups honey sweetened (from 17.5-oz can)
0.3 cup bourbon
0.5 cup cocoa powder unsweetened sifted
12 oz baker's chocolate chopped

12 oz bittersweet chocolate chopped

## **Equipment**

bowl

	baking sheet	
	sauce pan	
	microwave	
Directions		
	In medium bowl, place bittersweet chocolate. In 1-quart saucepan, heat whipping cream to simmering.	
	Remove from heat and pour over chocolate; let stand 2 minutes. Stir until chocolate is melted Stir in chestnut spread and bourbon until well blended. Cover; chill 4 hours or until firm.	
	Line cookie sheets with cooking parchment or waxed paper. Shape teaspoonfuls of chocolate mixture into balls.	
	Place on cookie sheets; freeze 1 hour or until firm.	
	In glass pie plate, place cocoa. In medium microwavable bowl, microwave semisweet chocolate uncovered on High 1 to 2 minutes, stirring once, until chocolate can be stirred smooth. Using hands, drop frozen bonbons in melted chocolate and roll with hands to coat completely. Gently drop coated balls in cocoa, shaking pie plate to coat. Return balls to cookie sheets. Refrigerate 1 hour or until coating is firm. Store in refrigerator or freezer.	
Nutrition Facts		
	PROTEIN 6.12% FAT 61.15% CARBS 32.73%	

### **Properties**

Glycemic Index:0.86, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:2.7004347722168%

#### **Flavonoids**

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 60.95kcal (3.05%), Fat: 4.51g (6.94%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.19g (1.52%), Sugar: 1.65g (1.84%), Cholesterol: 1.94mg (0.65%), Sodium: 2.04mg (0.09%), Alcohol: 0.25g (100%), Alcohol %: 2.14% (100%), Caffeine: 8.3mg (2.77%), Protein: 1.01g (2.03%), Manganese: 0.27mg (13.32%), Copper: 0.23mg (11.31%), Magnesium: 25.25mg (6.31%), Iron: 1.12mg (6.22%), Fiber: 1.25g (4.98%), Zinc: 0.58mg (3.87%), Phosphorus: 34.26mg (3.43%), Potassium: 86.31mg (2.47%), Vitamin C: 1.45mg (1.75%), Selenium:

