



Bourbon Street Balls with Pecans

 Vegetarian

READY IN



15 min.

SERVINGS



24

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 jiggers bourbon
- ☐ 24 servings butter for fingertips
- ☐ 1 cup confectioners' sugar
- ☐ 4 cups pecan halves whole
- ☐ 3 tablespoons syrup white (recommended: Karo)
- ☐ 2 cup processed vanilla cookies crushed (recommended: Nilla wafers)

Equipment

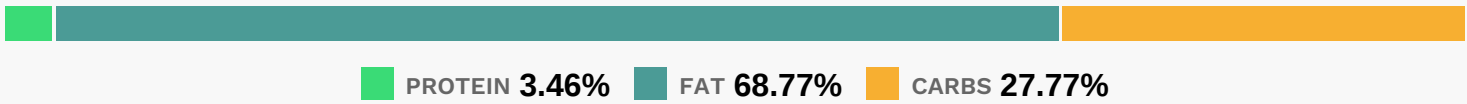
- ☐ food processor

- ☐ oven
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Roughly chop the pecans in a food processor.
- ☐ Remove 2 cups and reserve. Finely grind the remaining pecans in the food processor.
- ☐ Combine ground pecans, Nilla wafers, confectioners' sugar, bourbon, and syrup. Coat finger tips with softened butter to help you roll. Shape mixture into balls 1 1/2 inches in diameter using an ice cream scoop.
- ☐ Roll in chopped pecans. Arrange balls on a dessert platter and serve. Ask for help rolling. Four hands make very quick work of this dessert!

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:5.13, Inflammation Score:-2, Nutrition Score:4.4830434626859%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 218.93kcal (10.95%), Fat: 17.53g (26.97%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.21g (5.17%), Sugar: 10.01g (11.12%), Cholesterol: 10.84mg (3.61%), Sodium: 70.97mg (3.09%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.98g (3.97%), Manganese: 0.74mg (37.14%), Copper: 0.2mg (9.92%), Vitamin B1: 0.15mg (9.84%), Fiber: 1.71g (6.85%), Phosphorus: 50.76mg (5.08%), Zinc: 0.75mg (5.02%), Magnesium: 20.07mg (5.02%), Folate: 11.85µg (2.96%), Vitamin A: 134.19IU (2.68%), Vitamin B2: 0.05mg (2.66%), Iron: 0.42mg (2.34%), Vitamin E: 0.35mg (2.31%), Potassium: 76.65mg (2.19%), Vitamin B3: 0.43mg (2.17%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.15mg (1.48%), Calcium: 14.55mg (1.46%), Selenium: 0.71µg (1.01%)