



## Bourbon Truffles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

BEVERAGE

DRINK

## Ingredients

- 1 tablespoon bourbon
- 1 tablespoon powdered sugar sifted
- 1 teaspoon powdered sugar sifted
- 1.5 tablespoons prune- cut to pieces pureed
- 0.5 ounce bittersweet chocolate melted
- 1 teaspoon cocoa unsweetened
- 0.3 cup vanilla wafers crushed

## Equipment

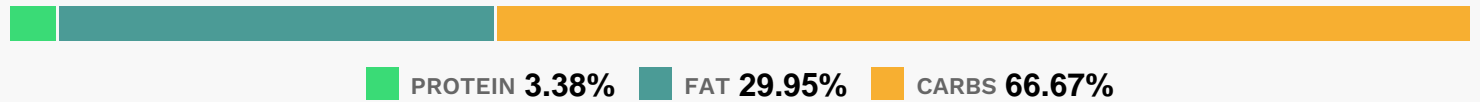
bowl

## Directions

Combine first 6 ingredients in a small bowl. Shape mixture into 4 (1-inch) balls.

Roll balls in 1 teaspoon powdered sugar. Cover and chill thoroughly.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:4.71, Inflammation Score:-1, Nutrition Score:1.4530434916201%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 84.55kcal (4.23%), Fat: 2.61g (4.01%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.2g (4.44%), Sugar: 8.04g (8.93%), Cholesterol: 0.28mg (0.09%), Sodium: 28.24mg (1.23%), Alcohol: 1.25g (100%), Alcohol %: 7.07% (100%), Caffeine: 3.62mg (1.21%), Protein: 0.66g (1.32%), Manganese: 0.07mg (3.7%), Copper: 0.07mg (3.51%), Fiber: 0.87g (3.46%), Vitamin K: 3.56µg (3.39%), Magnesium: 9.76mg (2.44%), Vitamin B1: 0.03mg (2.22%), Potassium: 70.38mg (2.01%), Phosphorus: 17.91mg (1.79%), Iron: 0.31mg (1.74%), Vitamin B2: 0.03mg (1.71%), Folate: 6.35µg (1.59%), Vitamin B3: 0.32mg (1.59%)