

Brandy or Rum Balls

READY IN



40 min.

SERVINGS



60

CALORIES



86 kcal

DESSERT

Ingredients

- 0.5 cup brandy
- 5 ounce evaporated milk canned
- 1 cup semi chocolate chips
- 16 ounce vanilla wafers crushed fine
- 2 cups walnut pieces finely chopped

Equipment

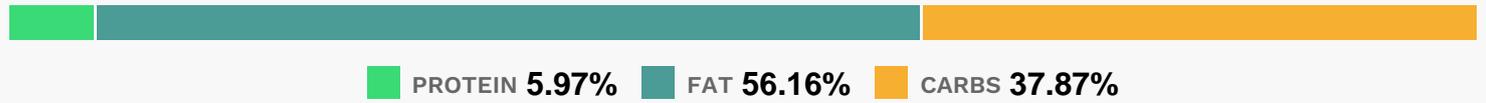
- bowl
- frying pan

microwave

Directions

- In the microwave or in a metal bowl over a pan of simmering water, melt evaporated milk and chocolate chips, stirring frequently until smooth.
- Remove from heat and stir in the crushed vanilla wafers and brandy until well blended.
- Roll the dough into small balls and roll the balls in chopped walnuts, then in confectioners' sugar. Store covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.87, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:1.750000026401%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 85.61kcal (4.28%), Fat: 5.19g (7.98%), Saturated Fat: 1.44g (9%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.83g (4.25%), Cholesterol: 0.94mg (0.31%), Sodium: 33.29mg (1.45%), Alcohol: 0.67g (100%), Alcohol %: 4.5% (100%), Protein: 1.24g (2.48%), Manganese: 0.17mg (8.67%), Copper: 0.1mg (5.01%), Vitamin B1: 0.05mg (3.15%), Magnesium: 12.01mg (3%), Phosphorus: 29.34mg (2.93%), Folate: 10.66µg (2.67%), Fiber: 0.61g (2.43%), Vitamin B2: 0.03mg (1.9%), Iron: 0.31mg (1.71%), Zinc: 0.22mg (1.46%), Potassium: 47.76mg (1.36%), Vitamin B3: 0.27mg (1.35%), Calcium: 11.85mg (1.18%), Vitamin B6: 0.02mg (1.16%)