



Brownie Bourbon Balls

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apple sauce
- 3 tablespoons bourbon
- 16.7 ounce brownie mix (such as Duncan Hines)
- 0.3 cup egg substitute
- 0.3 cup walnut pieces toasted finely chopped
- 1 tablespoon water

Equipment

- food processor

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 35
- Combine first 4 ingredients (including fudge packet from mix), stirring well.
- Spread into an 8-inch square baking pan coated with cooking spray.
- Bake at 350 for 30 minutes or until a wooden pick inserted near edge of pan comes out clean. Cool in pan on a wire rack.
- Crumble brownies; place in a food processor.
- Add bourbon; process until mixture forms a ball (about 30 seconds).
- Shape brownie mixture into 24 balls, about 1 1/2 tablespoons each.
- Place nuts in a shallow bowl.
- Roll balls in nuts, pressing gently to coat.
- Note: Store balls in an airtight container at room temperature for up to three days.

Nutrition Facts



PROTEIN 5.73% **FAT 30.66%** **CARBS 63.61%**

Properties

Glycemic Index:1.46, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.74782608141718%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 104.58kcal (5.23%), Fat: 3.45g (5.31%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.96g (5.8%), Sugar: 10.19g (11.33%), Cholesterol: 0mg (0%), Sodium: 62.73mg (2.73%), Alcohol: 0.63g (100%), Alcohol %: 2.67% (100%), Protein: 1.45g (2.9%), Iron: 0.66mg (3.66%), Manganese: 0.06mg (2.84%), Selenium: 1.12µg (1.6%), Copper: 0.03mg (1.39%)