

## Choco-Nut Balls

READY IN



45 min.

SERVINGS



35

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup coconut or flaked
- ☐ 2 tablespoons light-colored corn syrup
- ☐ 0.5 cup chunky honey-roasted peanut butter
- ☐ 1 cup powdered sugar sifted
- ☐ 1 ounce bittersweet chocolate
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups vanilla wafer crumbs

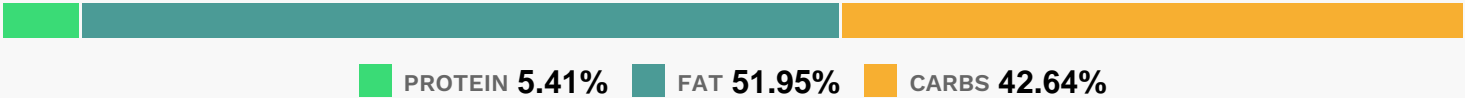
## Equipment

- ☐ bowl
- ☐ double boiler
- ☐ wax paper

## Directions

- ☐ Combine first 3 ingredients in a large bowl, and stir well.
- ☐ Add butter and next 3 ingredients; stir well. Cover and chill 30 minutes. Shape into 1-inch balls, and chill an additional 30 minutes.
- ☐ Place chocolate in top of a double boiler; bring water to a boil. Reduce heat to low; cook until chocolate melts, stirring frequently. Dip balls in melted chocolate, coating well.
- ☐ Place on wax paper to set. Store in an airtight container in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.57, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:1.2026086871553%

## Nutrients (% of daily need)

Calories: 79.04kcal (3.95%), Fat: 4.72g (7.26%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.28g (3.01%), Sugar: 6.32g (7.02%), Cholesterol: 3.57mg (1.19%), Sodium: 43.27mg (1.88%), Alcohol: 0.04g (100%), Alcohol %: 0.32% (100%), Protein: 1.11g (2.21%), Manganese: 0.09mg (4.37%), Vitamin B3: 0.61mg (3.03%), Vitamin E: 0.38mg (2.54%), Magnesium: 8.44mg (2.11%), Phosphorus: 18.31mg (1.83%), Fiber: 0.43g (1.71%), Folate: 6.75µg (1.69%), Copper: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.02mg (1.09%)