



Chocolate-Bourbon Balls

 Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup semi chocolate chips
- 2 tablespoons honey
- 1.5 cups vanilla wafers crushed finely (27 cookies)
- 0.5 cup walnuts
- 1 tablespoon bourbon
- 1 serving m&m candies

Equipment

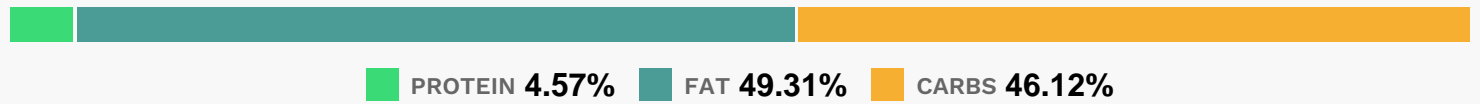
- bowl

microwave

Directions

- Mix chocolate chips and honey in 1 1/2-quart microwavable casserole or bowl. Microwave uncovered on High 1 to 2 minutes or until chips can be stirred smooth.
- Stir in crushed cookies, walnuts and bourbon. Shape into 1-inch balls.
- Roll balls in candy decorations.
- Store in tightly covered container at least 4 days to develop flavor but no longer than 4 weeks.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:1.4078260655312%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 79.32kcal (3.97%), Fat: 4.37g (6.72%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.61g (3.13%), Sugar: 5.44g (6.04%), Cholesterol: 0.39mg (0.13%), Sodium: 28.56mg (1.24%), Alcohol: 0.21g (100%), Alcohol %: 1.65% (100%), Caffeine: 3.22mg (1.08%), Protein: 0.91g (1.82%), Manganese: 0.13mg (6.72%), Copper: 0.09mg (4.32%), Magnesium: 10.49mg (2.62%), Vitamin B1: 0.04mg (2.56%), Fiber: 0.58g (2.32%), Folate: 8.47µg (2.12%), Phosphorus: 21.17mg (2.12%), Iron: 0.32mg (1.8%), Vitamin B2: 0.02mg (1.29%), Vitamin B3: 0.24mg (1.2%), Zinc: 0.18mg (1.19%), Potassium: 38.71mg (1.11%)