



Chocolate-Bourbon Balls

 Dairy Free

READY IN



5760 min.

SERVINGS



24

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

- ☐ bowl

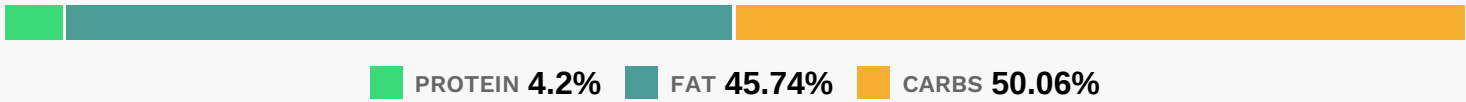
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microwave

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:1.6230434574511%

Flavonoids

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

Nutrients (% of daily need)

Calories: 151.48kcal (7.57%), Fat: 7.73g (11.89%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.06g (6.57%), Sugar: 14.43g (16.03%), Cholesterol: 2.54mg (0.85%), Sodium: 38.34mg (1.67%), Alcohol: 0.21g (100%), Alcohol %: 0.87% (100%), Caffeine: 3.22mg (1.08%), Protein: 1.6g (3.19%), Manganese: 0.13mg (6.72%), Copper: 0.09mg (4.32%), Fiber: 0.97g (3.87%), Iron: 0.5mg (2.78%), Magnesium: 10.49mg (2.62%), Vitamin B1: 0.04mg (2.56%), Calcium: 22.22mg (2.22%), Folate: 8.47µg (2.12%), Phosphorus: 21.17mg (2.12%), Vitamin B2: 0.02mg (1.29%), Vitamin B3: 0.24mg (1.2%), Zinc: 0.18mg (1.19%), Potassium: 38.71mg (1.11%)