



Chocolate Rum Balls

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



283 kcal

Ingredients

- 0.7 cup planters pecans finely chopped
- 1 Tbsp rum extract
- 24 oz baker's semi-sweet chocolate
- 14 oz condensed milk sweetened canned

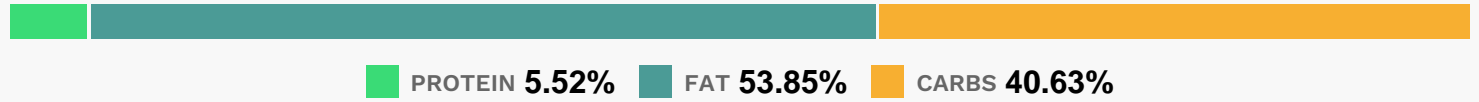
Equipment

Directions

- Melt chocolate as directed on package. Stir in milk and extract. (

- Mixture will be very thick.)
- Let stand 5 min.
- Roll into 84 balls, using 1 tsp. of the chocolate mixture for each. Coat with nuts.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:6.6, Inflammation Score:-3, Nutrition Score:7.3213043757107%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 283.48kcal (14.17%), Fat: 17.14g (26.36%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 26.05g (9.47%), Sugar: 23.42g (26.02%), Cholesterol: 8.79mg (2.93%), Sodium: 28.6mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 3.95g (7.91%), Manganese: 0.6mg (30.02%), Copper: 0.47mg (23.36%), Magnesium: 69.03mg (17.26%), Phosphorus: 147.8mg (14.78%), Iron: 2.27mg (12.62%), Fiber: 3.04g (12.15%), Selenium: 5.92µg (8.46%), Zinc: 1.24mg (8.25%), Potassium: 280.04mg (8%), Calcium: 79.76mg (7.98%), Vitamin B2: 0.1mg (6.09%), Vitamin B1: 0.05mg (3.37%), Vitamin B5: 0.28mg (2.79%), Vitamin K: 2.68µg (2.56%), Vitamin B12: 0.15µg (2.48%), Vitamin E: 0.28mg (1.86%), Vitamin B3: 0.37mg (1.83%), Vitamin A: 71.84IU (1.44%), Vitamin B6: 0.03mg (1.43%)