



Chocolate Rum Balls I

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



76 kcal

DESSERT

Ingredients

- 0.8 cup powdered sugar
- 3 tablespoons plus light
- 0.5 cup rum
- 0.3 cup cocoa powder unsweetened
- 3.3 cups vanilla wafers crushed
- 1.5 cups walnut pieces chopped

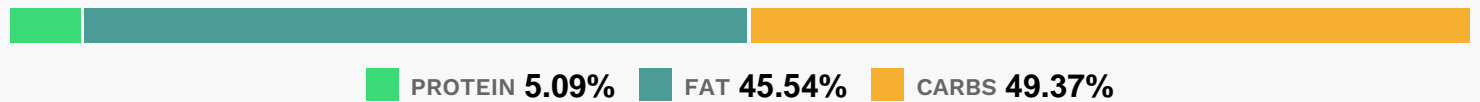
Equipment

- bowl

Directions

- In a large bowl, stir together the crushed vanilla wafers, 3/4 cup confectioners' sugar, cocoa, and nuts. Blend in corn syrup and rum.
- Shape into 1 inch balls, and roll in additional confectioners' sugar. Store in an airtight container for several days to develop the flavor.
- Roll again in confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.3173912970106%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 76.3kcal (3.82%), Fat: 3.74g (5.76%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.62g (3.13%), Sugar: 5.35g (5.94%), Cholesterol: 0.07mg (0.02%), Sodium: 31.02mg (1.35%), Alcohol: 0.83g (100%), Alcohol %: 6.12% (100%), Protein: 0.94g (1.88%), Manganese: 0.14mg (7.13%), Copper: 0.08mg (3.79%), Vitamin B1: 0.05mg (3%), Folate: 10.28µg (2.57%), Fiber: 0.51g (2.06%), Magnesium: 8.03mg (2.01%), Phosphorus: 19.17mg (1.92%), Vitamin B2: 0.02mg (1.42%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.01%)