



Chocolate Snowballs

 Vegetarian

READY IN



195 min.

SERVINGS



72

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups butter
- 0.5 cup powdered sugar for decoration
- 2 cups flour all-purpose
- 2 cups pecans chopped
- 0.1 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.7 cup granulated sugar white

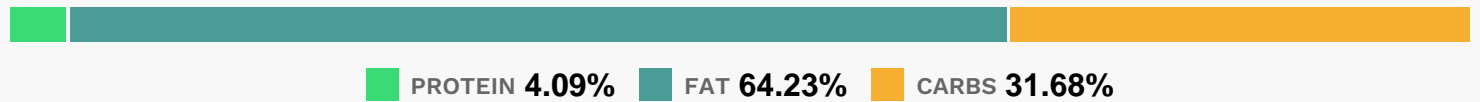
Equipment

- bowl
- baking sheet
- oven

Directions

- In a medium bowl, cream butter and sugar until light and fluffy. Stir in the vanilla. Sift together the flour, salt, and cocoa; stir into the creamed mixture.
- Mix in the pecans until well blended. Cover, and chill for at least 2 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll chilled dough into 1 inch balls.
- Place on ungreased cookie sheets about 2 inches apart.
- Bake for 20 minutes in preheated oven.
- Roll in confectioners' sugar when cooled.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:3.22, Inflammation Score:-1, Nutrition Score:1.6043478169519%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 73.71kcal (3.69%), Fat: 5.5g (8.46%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.5g (2%), Sugar: 2.81g (3.13%), Cholesterol: 8.47mg (2.82%), Sodium: 29.61mg (1.29%), Alcohol:

0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.79g (1.57%), Manganese: 0.18mg (9.15%), Copper: 0.06mg (3.21%), Vitamin B1: 0.05mg (3.19%), Fiber: 0.61g (2.42%), Selenium: 1.43µg (2.05%), Vitamin A: 100.18IU (2%), Magnesium: 7.49mg (1.87%), Folate: 7.33µg (1.83%), Iron: 0.32mg (1.79%), Phosphorus: 17.47mg (1.75%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.21mg (1.37%), Vitamin B3: 0.26mg (1.28%)