

Chocolate Walnut Rum Balls

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

45

CALORIES

calories

96 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons plus light
- ☐ 0.5 cup rum dark
- ☐ 1 cup semi chocolate chips
- ☐ 2.5 cups vanilla wafer crumbs
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

Equipment

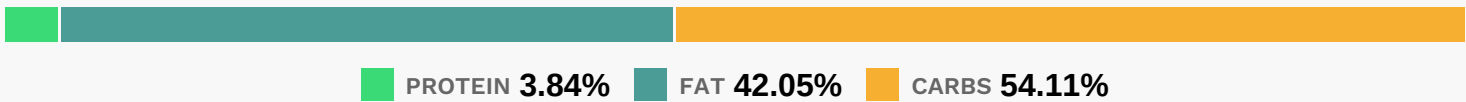
- ☐ bowl

- ☐ whisk
- ☐ double boiler

Directions

- ☐ Melt chocolate over a double boiler, stirring until smooth.
- ☐ Remove from the heat and whisk in 1/2 cup of sugar and the corn syrup, then the rum. In a separate bowl, stir together the vanilla wafer crumbs and walnuts.
- ☐ Add the chocolate mixture to the nut mixture and stir until well blended.
- ☐ Place the remaining 1/2 cup of sugar in a shallow bowl.
- ☐ Roll the dough into 1 inch balls and roll the balls in the sugar to coat evenly. Cover and refrigerate at least overnight for best flavor. These can be refrigerated up to 5 days.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:6.73, Inflammation Score:-1, Nutrition Score:1.4439130420594%

Flavonoids

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

Nutrients (% of daily need)

Calories: 95.82kcal (4.79%), Fat: 4.31g (6.63%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 11.89g (4.32%), Sugar: 9.03g (10.03%), Cholesterol: 0.3mg (0.1%), Sodium: 26mg (1.13%), Alcohol: 0.89g (100%), Alcohol %: 5.3% (100%), Caffeine: 3.44mg (1.15%), Protein: 0.88g (1.77%), Manganese: 0.14mg (7.12%), Copper: 0.09mg (4.61%), Magnesium: 11.16mg (2.79%), Vitamin B1: 0.04mg (2.46%), Fiber: 0.58g (2.32%), Phosphorus: 22.07mg (2.21%), Folate: 7.93µg (1.98%), Iron: 0.33mg (1.84%), Zinc: 0.19mg (1.3%), Vitamin B2: 0.02mg (1.23%), Potassium: 39.44mg (1.13%), Vitamin B3: 0.22mg (1.11%)