



Double-Chocolate Pecan Balls

READY IN



45 min.

SERVINGS



60

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup confectioners' sugar sifted
- ☐ 17.5 ounce betty crocker double chocolate cookie mix chunk
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 cup butter unsalted softened (1 stick)
- ☐ 2 tablespoons water

Equipment

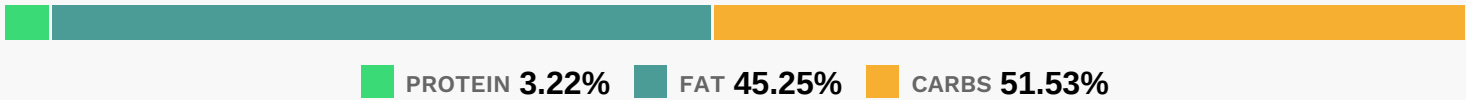
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ *Do not add the ingredients called for in the label directions.
- ☐ Heat oven to 375 F. Beat the butter and pecans with an electric mixer until well blended.
- ☐ Add the cookie mix, flour, and water and beat until the mixture forms a dough.
- ☐ Roll the dough into 1-inch balls and arrange on an ungreased baking sheet, 1 inch apart.
- ☐ Bake 14 to 16 minutes or until firm.
- ☐ Let cool 5 minutes.
- ☐ Roll in confectioners' sugar and set aside on a wire rack until completely cooled.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:0.61869565462289%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 68.57kcal (3.43%), Fat: 3.42g (5.27%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.42g (6.02%), Cholesterol: 4.07mg (1.36%), Sodium: 8.97mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.07mg (3.43%), Fiber: 0.37g (1.48%), Vitamin B1: 0.02mg (1.31%)