



Easy Cheerio® Coconut Rum Balls



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



65 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds crushed
- ☐ 0.5 cup cashew pieces crushed
- ☐ 3 cups honey-nut oat cereal toasted honey nut cheerios® (such as)
- ☐ 0.3 cup coconut or shredded
- ☐ 1 cup confectioners' sugar for dusting plus more
- ☐ 3 tablespoons plus light
- ☐ 0.3 cup rum dark as needed
- ☐ 3 tablespoons cocoa powder unsweetened

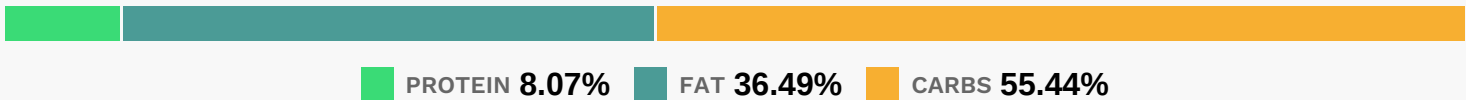
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place oat cereal, confectioners' sugar, cashews, almonds, coconut, and cocoa powder in a food processor; blend to an even crumb texture.
- ☐ Stir rum and corn syrup together in a bowl; add cereal mixture. Stir until dough holds together.
- ☐ Add more rum if dough is dry. Form into balls and place on a plate.
- ☐ Chill rum balls in the refrigerator for flavors to blend, at least 1 hour.
- ☐ Sprinkle with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:2.7978260879931%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 64.95kcal (3.25%), Fat: 2.57g (3.95%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.98g (6.64%), Cholesterol: 0mg (0%), Sodium: 12.43mg (0.54%), Alcohol: 0.89g (100%), Alcohol %: 6.77% (100%), Protein: 1.28g (2.56%), Manganese: 0.19mg (9.72%), Iron: 0.93mg (5.16%), Copper: 0.1mg (5.13%), Magnesium: 17.84mg (4.46%), Vitamin E: 0.64mg (4.27%), Folate: 16.91µg (4.23%), Phosphorus: 36.24mg (3.62%), Zinc: 0.53mg (3.55%), Fiber: 0.83g (3.3%), Vitamin B1: 0.04mg (2.9%), Vitamin B6: 0.05mg (2.54%), Vitamin B3: 0.5mg (2.5%), Vitamin B12: 0.14µg (2.37%), Vitamin B2: 0.03mg (1.92%), Selenium:

1.23µg (1.75%), Calcium: 15.76mg (1.58%), Potassium: 55.08mg (1.57%), Vitamin A: 69.3IU (1.39%)