Honey Nut Cookie Balls

Gluten Free

READY IN	SERVINGS	CALORIES
90 min.	30	142 kcal

DESSERT

Ingredients

- [ ] 12 oz baker's chocolate white melted
- [ ] 8 oz philadelphia honey pecan cream cheese spread
- [ ] 0.5 tsp ground cinnamon
- [ ] 1.5 cups honey graham snacks crushed bear-shaped finely
- [ ] 2 oz baker's semi-sweet chocolate melted

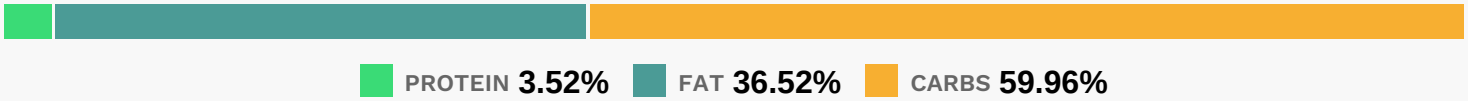
Equipment

- [ ] frying pan

Directions

- [ ] Mix white chocolate and cinnamon until blended.
- [ ] Combine cream cheese spread and graham crumbs; shape into 24 (1-inch) balls. Dip in white chocolate mixture; place in single layer in shallow waxed paper-lined pan.
- [ ] Drizzle with semi-sweet chocolate.
- [ ] Refrigerate 1 hour or until firm.

Nutrition Facts



PROTEIN **3.52%** FAT **36.52%** CARBS **59.96%**

Properties

Glycemic Index:4.24, Glycemic Load:11.97, Inflammation Score:-1, Nutrition Score:1.1860869507427%

Nutrients (% of daily need)

Calories: 142.45kcal (7.12%), Fat: 6g (9.24%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 21.94g (7.98%), Sugar: 21.54g (23.93%), Cholesterol: 7.18mg (2.39%), Sodium: 46.15mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Calcium: 34.26mg (3.43%), Phosphorus: 25.58mg (2.56%), Manganese: 0.05mg (2.35%), Vitamin B2: 0.04mg (2.32%), Copper: 0.04mg (1.83%), Vitamin A: 76.29IU (1.53%), Potassium: 52.15mg (1.49%), Magnesium: 5.05mg (1.26%), Iron: 0.22mg (1.23%), Zinc: 0.17mg (1.15%), Selenium: 0.81µg (1.15%), Vitamin K: 1.18µg (1.13%), Vitamin B12: 0.07µg (1.12%)