



Hot-Spiced Bourbon Balls



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup pecans coarsely chopped
- ☐ 1.3 cups powdered sugar divided
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sorghum syrup
- ☐ 2 tablespoons cocoa powder unsweetened

☐ 60 vanilla wafers crushed finely (2 cups plus 2 Tbsp.)

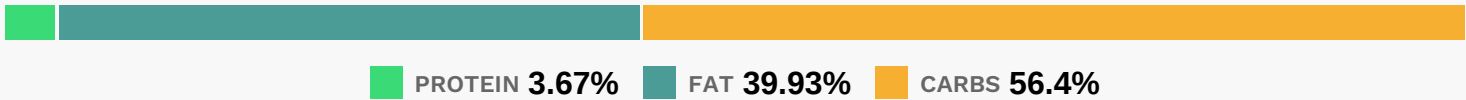
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wax paper

Directions

- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 8 to 10 minutes or until toasted.
- ☐ Sift together 1 cup powdered sugar, next 4 ingredients, and, if desired, ground red pepper. Stir together bourbon and sorghum. Gradually add powdered sugar mixture to bourbon mixture, stirring until blended. Stir in vanilla wafers and toasted pecans; stir 1 minute. (
- ☐ Place a small amount of mixture in palm of hand, and make a fist around mixture, testing to be sure dough will hold its shape. If not, continue to stir in 20-second intervals.)
- ☐ Shape mixture into 1-inch balls.
- ☐ Roll balls in remaining 1/4 cup powdered sugar, and place on a wax paper-lined baking sheet.
- ☐ Chill 1 hour or until slightly firm. Store in an airtight container in refrigerator up to 1 week.
- ☐ *Molasses, honey, or cane syrup may be substituted.
- ☐ Note: For testing purposes only, we used Hershey's Dutch Processed Cocoa at one tasting and Hershey's Unsweetened Cocoa at another.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:5.7, Inflammation Score:-1, Nutrition Score:1.3269565157268%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 93.3kcal (4.66%), Fat: 4.1g (6.31%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 12.43g (4.52%), Sugar: 7.57g (8.42%), Cholesterol: 0.1mg (0.03%), Sodium: 74.79mg (3.25%), Alcohol: 0.57g (100%), Alcohol %: 3.52% (100%), Protein: 0.85g (1.7%), Manganese: 0.15mg (7.73%), Vitamin B1: 0.07mg (4.41%), Folate: 9.84µg (2.46%), Fiber: 0.61g (2.45%), Copper: 0.05mg (2.45%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 17.58mg (1.76%), Vitamin B3: 0.34mg (1.68%), Magnesium: 5.23mg (1.31%), Zinc: 0.16mg (1.08%)