



Kentucky Bourbon Balls

READY IN



990 min.

SERVINGS



24

CALORIES



273 kcal

BEVERAGE

DRINK

Ingredients

- 5 tablespoons bourbon
- 0.5 cup butter softened
- 16 ounce powdered sugar
- 1 cup nuts chopped
- 18 ounces bittersweet chocolate

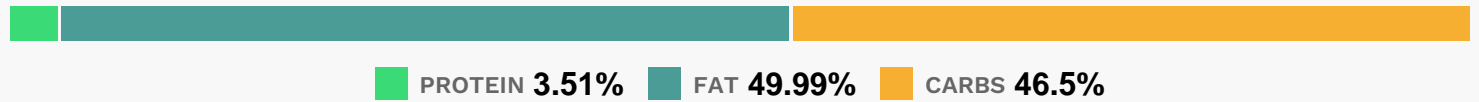
Equipment

- double boiler
- spatula

Directions

- Place the nuts in a sealable jar.
- Pour the bourbon over the nuts. Seal and allow to soak overnight.
- Mix the butter and sugar; fold in the soaked nuts. Form into 3/4" balls and refrigerate overnight.
- Line a tray with waxed paper. Melt the chocolate in the top of a double boiler over just-barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- Roll the balls in the melted chocolate to coat; arrange on the prepared tray. Store in refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:4.6000000224651%

Nutrients (% of daily need)

Calories: 273.39kcal (13.67%), Fat: 15.07g (23.18%), Saturated Fat: 7.53g (47.06%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 29.29g (10.65%), Sugar: 26.29g (29.21%), Cholesterol: 11.44mg (3.81%), Sodium: 33.66mg (1.46%), Alcohol: 1.04g (100%), Alcohol %: 2.45% (100%), Caffeine: 18.29mg (6.1%), Protein: 2.38g (4.76%), Manganese: 0.4mg (19.96%), Copper: 0.34mg (17.2%), Magnesium: 51.02mg (12.75%), Fiber: 2.24g (8.96%), Iron: 1.58mg (8.77%), Phosphorus: 82.64mg (8.26%), Zinc: 0.8mg (5.33%), Potassium: 157.95mg (4.51%), Selenium: 1.95µg (2.78%), Vitamin A: 129.71IU (2.59%), Vitamin B3: 0.46mg (2.31%), Calcium: 18.71mg (1.87%), Vitamin K: 1.86µg (1.77%), Vitamin B2: 0.03mg (1.63%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.14mg (1.41%), Vitamin B1: 0.02mg (1.28%), Vitamin B6: 0.03mg (1.26%)