



Martha Washingtons

 Gluten Free

READY IN



45 min.

SERVINGS



72

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter cooled melted
- 20 oz melting chocolate chopped
- 14 oz condensed milk sweetened canned
- 2 cups pecans chopped
- 2 cups powdered sugar
- 14 oz coconut or sweetened flaked

Equipment

- baking sheet

double boiler

wax paper

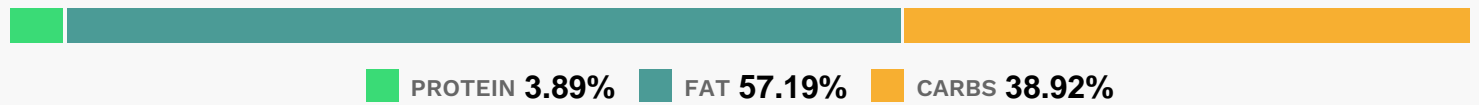
Directions

Combine all ingredients except chocolate; mix well and chill overnight.

Roll into balls the size of marbles; set on wax paper-lined baking sheets or trays.

Melt chocolate in a double boiler. Dip balls into chocolate and return to wax paper to cool.
Makes about 6 dozen.

Nutrition Facts



Properties

Glycemic Index:2.41, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:2.3321739218157%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 139.58kcal (6.98%), Fat: 9.39g (14.45%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 13.19g (4.8%), Sugar: 12.43g (13.81%), Cholesterol: 8.65mg (2.88%), Sodium: 44.38mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.2mg (1.73%), Protein: 1.44g (2.87%), Manganese: 0.2mg (10.16%), Copper: 0.11mg (5.71%), Fiber: 1.2g (4.79%), Magnesium: 18.34mg (4.59%), Phosphorus: 43.04mg (4.3%), Selenium: 2.13µg (3.05%), Vitamin B2: 0.05mg (2.9%), Iron: 0.41mg (2.27%), Potassium: 78.34mg (2.24%), Calcium: 22.13mg (2.21%), Zinc: 0.31mg (2.08%), Vitamin A: 94.16IU (1.88%), Vitamin B6: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.24%), Folate: 4.29µg (1.07%)