



Mocha Pecan Balls

 Gluten Free

READY IN



75 min.

SERVINGS



48

CALORIES



207 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 48 chocolate
- ☐ 1 tablespoon espresso powder instant
- ☐ 1 cup pecans finely chopped
- ☐ 0.8 cup powdered sugar
- ☐ 18 oz sugar refrigerated
- ☐ 0.3 cup cocoa powder unsweetened

Equipment

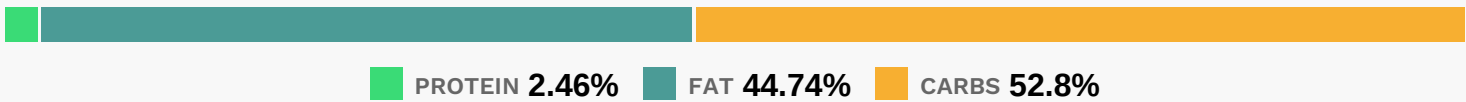
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Break up cookie dough into large bowl.
- ☐ Add cocoa, coffee powder and pecans; mix well.
- ☐ Shape dough into 48 (1-inch) balls; wrap each around 1 milk chocolate candy.
- ☐ Place 2 inches apart on ungreased cookie sheets.
- ☐ Bake 8 to 10 minutes or until set. Immediately remove from cookie sheets. Cool 5 minutes or until slightly cooled.
- ☐ Roll cookies in powdered sugar. Cool completely, about 15 minutes.
- ☐ Roll again in powdered sugar. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:13.98, Inflammation Score:-1, Nutrition Score:3.0656521824067%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 207.26kcal (10.36%), Fat: 11.31g (17.4%), Saturated Fat: 5.8g (36.24%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.1g (10.22%), Sugar: 26.96g (29.95%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.78mg (7.59%), Protein: 1.4g (2.8%), Manganese: 0.26mg (13%), Copper: 0.21mg (10.3%), Magnesium: 36.96mg (9.24%), Fiber: 1.92g (7.69%), Phosphorus: 51.05mg (5.11%), Iron: 0.9mg (5.02%), Vitamin B2: 0.07mg (4.33%), Zinc: 0.56mg (3.7%), Potassium: 101.26mg (2.89%), Vitamin K: 1.86µg (1.77%), Selenium: 1.02µg (1.46%), Vitamin B1: 0.02mg (1.4%), Vitamin B3: 0.25mg (1.27%)