



No-Bake Fruit Balls

READY IN



200 min.

SERVINGS



20

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

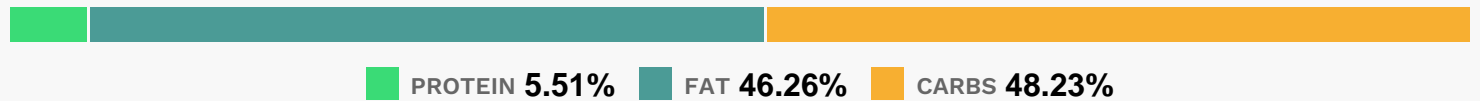
- 3 cups baker's angel flake coconut
- 2 cups graham cracker crumbs
- 0.5 cup maraschino cherries green chopped
- 0.5 cup maraschino cherries red chopped
- 2 cups marshmallows jet-puffed miniature
- 0.5 cup planters pecans chopped
- 14 oz condensed milk sweetened canned

Equipment

Directions

- Combine marshmallows, cracker crumbs, cherries, sweetened condensed milk and pecans; mix well.
- Shape dough evenly into 5 dozen balls, each about 1 inch in diameter.
- Roll balls in coconut until evenly coated.
- Refrigerate 3 hours or until firm. Store in airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.27, Glycemic Load:13.58, Inflammation Score:-1, Nutrition Score:5.0513042846452%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 235.99kcal (11.8%), Fat: 12.61g (19.4%), Saturated Fat: 8.68g (54.23%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 26.6g (9.67%), Sugar: 21.23g (23.59%), Cholesterol: 6.75mg (2.25%), Sodium: 89.75mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Manganese: 0.46mg (23.22%), Fiber: 2.98g (11.94%), Phosphorus: 101.05mg (10.11%), Copper: 0.16mg (7.92%), Selenium: 5.5µg (7.85%), Calcium: 74.58mg (7.46%), Vitamin B2: 0.12mg (6.98%), Magnesium: 25.16mg (6.29%), Iron: 0.93mg (5.18%), Zinc: 0.75mg (5%), Potassium: 170.61mg (4.87%), Vitamin B1: 0.06mg (4.07%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.28mg (2.79%), Vitamin B3: 0.47mg (2.35%), Folate: 7.79µg (1.95%), Vitamin B12: 0.09µg (1.46%), Vitamin A: 59.69IU (1.19%)