

Orange Balls I



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.8 cup coconut or flaked



0.8 cup confectioners' sugar



6 ounce orange juice concentrate frozen thawed canned



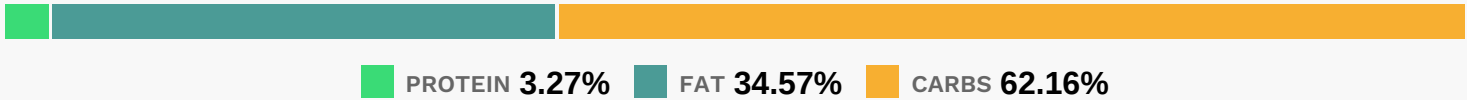
1.1 cups vanilla wafers crushed

Equipment

Directions

- ☐
- Mix together the vanilla wafers, coconut, 3/4 cup confectioners' sugar, and frozen orangejuice.
- ☐
- Mold into 1 inch balls and roll in confectioners' sugar. Store, covered, in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:1.6234782518738%

Nutrients (% of daily need)

Calories: 66.43kcal (3.32%), Fat: 2.63g (4.04%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 10.06g (3.66%), Sugar: 7.6g (8.44%), Cholesterol: 0.05mg (0.02%), Sodium: 22.28mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin C: 10.32mg (12.5%), Manganese: 0.08mg (3.82%), Vitamin B1: 0.04mg (2.85%), Folate: 10.23µg (2.56%), Fiber: 0.58g (2.3%), Potassium: 63.41mg (1.81%), Vitamin B2: 0.03mg (1.63%), Vitamin B6: 0.03mg (1.32%), Copper: 0.03mg (1.28%), Magnesium: 4.87mg (1.22%), Phosphorus: 11.96mg (1.2%), Vitamin B3: 0.23mg (1.14%)