



Pecan Bourbon Balls

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



3185 kcal

BEVERAGE

DRINK

Ingredients

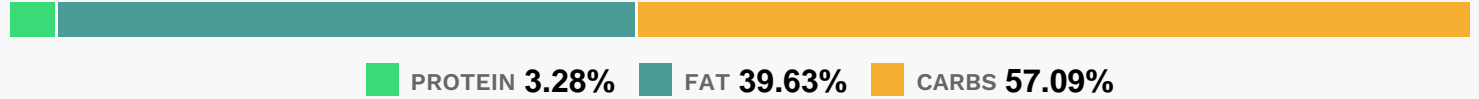
- 0.5 cup bourbon
- 2 tablespoons plus light
- 1 cup pecans toasted finely chopped
- 1 serving buttery pecans toasted coarsely chopped
- 1 cup powdered sugar
- 1 serving powdered sugar
- 2 tablespoons cocoa unsweetened
- 12 oz vanilla wafers crushed finely

Equipment

Directions

- Stir together first 6 ingredients. Shape into 1-inch balls.
- Roll in powdered sugar or pecans. Refrigerate up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:194.67, Inflammation Score:-8, Nutrition Score:33.541739277218%

Flavonoids

Cyanidin: 10.74mg, Cyanidin: 10.74mg, Cyanidin: 10.74mg, Cyanidin: 10.74mg Delphinidin: 7.28mg, Delphinidin: 7.28mg, Delphinidin: 7.28mg, Delphinidin: 7.28mg Catechin: 13.72mg, Catechin: 13.72mg, Catechin: 13.72mg, Catechin: 13.72mg Epigallocatechin: 5.63mg, Epigallocatechin: 5.63mg, Epigallocatechin: 5.63mg, Epigallocatechin: 5.63mg Epicatechin: 20.46mg, Epicatechin: 20.46mg, Epicatechin: 20.46mg, Epicatechin: 20.46mg Epigallocatechin 3-gallate: 2.3mg, Epigallocatechin 3-gallate: 2.3mg, Epigallocatechin 3-gallate: 2.3mg, Epigallocatechin 3-gallate: 2.3mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 3185.14kcal (159.26%), Fat: 132.65g (204.08%), Saturated Fat: 26.38g (164.86%), Carbohydrates: 429.91g (143.3%), Net Carbohydrates: 411.85g (149.76%), Sugar: 270.62g (300.69%), Cholesterol: 3.4mg (1.13%), Sodium: 1400.72mg (60.9%), Alcohol: 40.08g (100%), Alcohol %: 6.84% (100%), Caffeine: 23mg (7.67%), Protein: 24.74g (49.48%), Manganese: 4.91mg (245.52%), Vitamin B1: 2.13mg (141.99%), Folate: 324.57µg (81.14%), Copper: 1.61mg (80.66%), Fiber: 18.06g (72.25%), Vitamin B2: 0.97mg (56.8%), Vitamin B3: 10.25mg (51.24%), Phosphorus: 498.08mg (49.81%), Magnesium: 171.34mg (42.83%), Zinc: 5.47mg (36.44%), Potassium: 853.16mg (24.38%), Iron: 4.04mg (22.47%), Vitamin B6: 0.22mg (11.15%), Vitamin E: 1.41mg (9.4%), Selenium: 6.31µg (9.01%), Calcium: 89.8mg (8.98%), Vitamin B5: 0.89mg (8.88%), Vitamin K: 3.75µg (3.57%), Vitamin C: 1.1mg (1.33%), Vitamin A: 56IU (1.12%)