

Royal Rum Balls

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 cups chocolate wafer crumbs
- ☐ 1 cup coconut or flaked
- ☐ 3 tablespoons plus light
- ☐ 0.3 cup rum dark
- ☐ 0.3 cup dates pitted chopped
- ☐ 2 cups gingersnaps
- ☐ 36 servings gingersnaps

- ☐ 1 cup ground pecans toasted
- ☐ 1.5 cups powdered sugar sifted
- ☐ 1 teaspoon vanilla extract

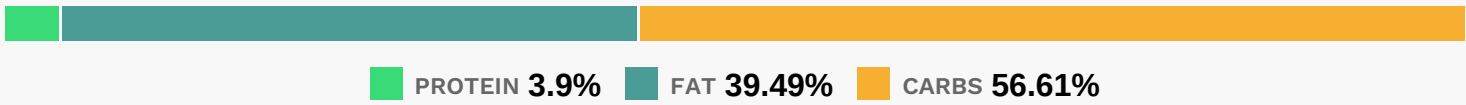
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

- ☐ Position knife blade in food processor bowl; add first 6 ingredients. Process until blended; add rum and next 3 ingredients. Process until mixture holds together.
- ☐ Shape into 1 1/4" balls.
- ☐ Roll balls in additional powdered sugar or gingersnap crumbs. Repeat rolling procedure.
- ☐ Note: If Royal Rum Balls are made ahead, reroll balls in powdered sugar or gingersnap crumbs before serving to freshen the coating.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:2.6556521401457%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 131.33kcal (6.57%), Fat: 5.74g (8.82%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.37g (6.32%), Sugar: 11.23g (12.48%), Cholesterol: 0.12mg (0.04%), Sodium: 85.98mg (3.74%),

Alcohol: 0.78g (100%), Alcohol %: 3.31% (100%), Protein: 1.27g (2.55%), Manganese: 0.35mg (17.47%), Copper: 0.11mg (5.33%), Iron: 0.88mg (4.9%), Fiber: 1.13g (4.52%), Vitamin B1: 0.05mg (3.25%), Magnesium: 12.96mg (3.24%), Phosphorus: 27.85mg (2.79%), Vitamin B2: 0.05mg (2.71%), Folate: 10.34µg (2.59%), Vitamin B3: 0.48mg (2.39%), Potassium: 71.93mg (2.06%), Zinc: 0.29mg (1.96%), Selenium: 1.35µg (1.93%), Vitamin B6: 0.03mg (1.28%), Vitamin E: 0.19mg (1.26%), Calcium: 11.14mg (1.11%), Vitamin B5: 0.1mg (1.03%)