



## Rum Balls

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



112 kcal

DESSERT

### Ingredients

- 0.5 cup butter melted (1 stick)
- 2 Tbsp plus light
- 1 cup baker's angel flake coconut toasted
- 1 tsp maxwell house coffee instant
- 1 cup planters pecans finely chopped
- 1 cup powdered sugar
- 0.3 cup rum
- 2 Tbsp cocoa powder unsweetened

60 vanilla wafers crushed finely ( 2-)

## Equipment

wax paper

## Directions

Mix wafer crumbs, sugar, pecans, butter, corn syrup and cocoa.

Dissolve instant coffee granules in rum.

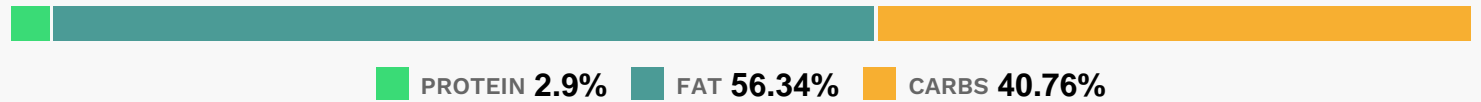
Add to crumb mixture; mix well.

Let stand 15 min.

Shape mixture into 1-inch balls; roll in coconut.

Place in airtight container with sheet of wax paper between each layer of balls. Store at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:3.03, Glycemic Load:5.14, Inflammation Score:-1, Nutrition Score:1.5721739094866%

## 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: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 112.06kcal (5.6%), Fat: 7.04g (10.84%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.66g (3.87%), Sugar: 6.88g (7.65%), Cholesterol: 0.09mg (0.03%), Sodium: 64.55mg (2.81%), Alcohol: 0.5g (100%), Alcohol %: 2.84% (100%), Protein: 0.81g (1.63%), Manganese: 0.18mg (9.04%), Vitamin B1: 0.06mg (3.78%), Fiber: 0.81g (3.24%), Copper: 0.06mg (2.87%), Folate: 8.77µg (2.19%), Vitamin A: 102.88IU (2.06%), Phosphorus: 17.78mg (1.78%), Vitamin B2: 0.03mg (1.67%), Magnesium: 6.43mg (1.61%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.18mg (1.19%), Potassium: 35.53mg (1.02%)