



Rum Balls

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 9 oz chocolate wafers such as nabisco famous
- ☐ 3 tablespoons plus light
- ☐ 0.5 cup rum dark light
- ☐ 20 servings nonpareils
- ☐ 1 cup pecans finely chopped
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup sugar

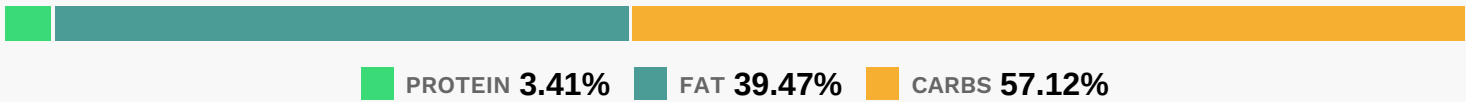
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ rolling pin

Directions

- ☐ Place wafers in a ziplock bag, seal bag and finely crush cookies using a rolling pin.
- ☐ Place chocolate chips in a bowl set over a pan of simmering water (do not let water boil or bowl touch water). Stir occasionally, until chocolate has melted completely.
- ☐ Remove bowl from heat; stir in sugar, corn syrup and rum.
- ☐ Mix well. Stir in wafers and pecans until a dough forms.
- ☐ Line a large, rimmed baking sheet with parchment.
- ☐ Roll a heaping tablespoon of dough into a 1-inch ball, dusting palms of your hands with confectioners' sugar first to prevent balls from sticking.
- ☐ Place balls on baking sheet. Repeat with remaining dough.
- ☐ Roll balls in nonpareils, if desired. Chill until firm, at least 1 hour, then transfer balls to an airtight container. Refrigerate for 2 to 3 days to mellow the flavor. Keep refrigerated in an airtight container until ready to serve (if stacking, place a layer of waxed paper in between).

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:8.37, Inflammation Score:-2, Nutrition Score:3.8756521567702%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 229.76kcal (11.49%), Fat: 9.73g (14.96%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 29.99g (10.9%), Sugar: 24.92g (27.68%), Cholesterol: 0.8mg (0.27%), Sodium: 77.05mg (3.35%), Alcohol: 2g (100%), Alcohol %: 4.93% (100%), Caffeine: 9.02mg (3.01%), Protein: 1.89g (3.79%), Manganese: 0.45mg (22.73%), Copper: 0.24mg (11.92%), Magnesium: 29.23mg (7.31%), Iron: 1.22mg (6.8%), Fiber: 1.68g (6.71%), Phosphorus: 55.58mg (5.56%), Vitamin B1: 0.07mg (4.47%), Zinc: 0.64mg (4.28%), Potassium: 100.42mg (2.87%), Vitamin B2: 0.05mg (2.74%), Vitamin B3: 0.5mg (2.52%), Selenium: 1.74µg (2.49%), Folate: 7.19µg (1.8%), Vitamin E: 0.22mg (1.48%), Calcium: 13.83mg (1.38%), Vitamin B5: 0.12mg (1.23%), Vitamin K: 1.14µg (1.09%), Vitamin B6: 0.02mg (1.05%)