

Rum Balls

 Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 1 cup confectioners' sugar for dusting plus more
- ☐ 0.3 cup plus light
- ☐ 0.8 cup rum dark such as Meyer's®
- ☐ 1 cup semi chocolate chips
- ☐ 12 ounce vanilla wafers nilla® such as

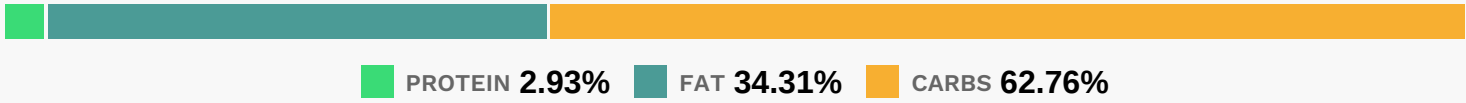
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Place vanilla cookies in a food processor and process into fine crumbs.
- ☐ Heat chocolate chips and corn syrup together in a saucepan over low heat. Cook, stirring often, until chocolate is melted and smooth, about 5 minutes.
- ☐ Remove from heat and stir in rum and confectioners' sugar until smooth. Fold in cookie crumbs; dough will be sticky.
- ☐ Place saucepan in the refrigerator until dough is firm and easy to roll, about 15 minutes. Cover 2 plates with waxed paper; dust with confectioners' sugar.
- ☐ Roll dough into 1-inch balls and place on the prepared plates. Dust rum balls with confectioners' sugar. Refrigerate until firm, about 30 minutes.
- ☐ Remove rum balls from refrigerator and transfer to a resealable bag, including the extra confectioners' sugar. Seal the bag and shake to coat the rum balls completely with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:8.34, Inflammation Score:-1, Nutrition Score:1.7108695908733%

Nutrients (% of daily need)

Calories: 155.74kcal (7.79%), Fat: 5.35g (8.23%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 21.21g (7.71%), Sugar: 14.85g (16.5%), Cholesterol: 0.59mg (0.2%), Sodium: 60.11mg (2.61%), Alcohol: 2.51g (100%), Alcohol %: 8.42% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.03g (2.05%), Manganese: 0.1mg (5.05%), Copper: 0.1mg (4.78%), Vitamin B1: 0.06mg (4.3%), Magnesium: 13.24mg (3.31%), Fiber: 0.8g (3.19%), Folate: 12.47µg (3.12%), Iron: 0.48mg (2.67%), Phosphorus: 25.75mg (2.58%), Vitamin B2: 0.04mg (2.21%), Vitamin B3: 0.43mg (2.16%), Potassium: 54.72mg (1.56%), Zinc: 0.22mg (1.45%)