



Rum Balls

🤍 Popular

READY IN



45 min.

SERVINGS



60

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 1 tsp double-acting baking powder
- ☐ 1.5 cups butter softened
- ☐ 1 bag candy melts light
- ☐ 1 pkg chocolate chips
- ☐ 3 Tbsp plus light
- ☐ 1 eggs
- ☐ 4 c flour

- ☐ 2 Tbsp milk
- ☐ 1.3 cup peanut butter
- ☐ 0.8 powdered sugar
- ☐ 2 cups powdered sugar
- ☐ 1 bags pretzel rods
- ☐ 2 cups rice krispies
- ☐ 0.5 cup rum
- ☐ 1 Tablespoon shortening
- ☐ 60 servings sprinkles
- ☐ 1 c sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 tsp vanilla
- ☐ 3.3 cup vanilla wafers crushed
- ☐ 1.5 cups walnut pieces chopped
- ☐ 1 package wrap (by the apples)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wax paper
- ☐ microwave

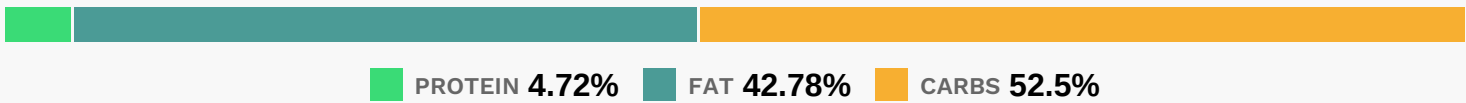
Directions

- ☐ In a large bowl, stir together crushed vanilla wafers, sugar, cocoa and nuts. Blend in corn syrup and rum. Shape into 1 inch balls, and roll in additional* powdered sugar (tip- I cover my hand in powdered sugar while I roll the balls, so they dont stick to my hands so bad). Store in an airtight container for several days to develop the flavor.
- ☐ Roll again in powdered sugar* before serving. Preheat oven to 400 degrees. Cream butter and sugar till fluffy; add flavorings, egg, and milk and stir till well mixed. Sift or mix flour and baking

powder together, then add to dough (this is more easily done in two or three parts), mix with hands if necessary. Dough will be very stiff. If you want to color the dough, divide your dough and add color now and mix well. Push dough into spritzer gun and press shapes onto ungreased cookie sheet. You can press sprinkles into the cookies before baking.

- ☐ Bake at 400 degrees for 6 minutes, no longer! This is a rich cookie but holds its shape well and does not need to be refrigerated before shaping.
- ☐ Mix powdered sugar, peanut butter and Rice Krispies with spoon, then use hands to combine.
- ☐ Roll into 1-2 inch balls. Put chocolate chips in bowl with shortening and melt in the microwave.
- ☐ Roll peanut butter balls in chocolate (I tip the bowl to the side and use a spoon to push around), and place on wax paper until chocolate sets. Chill covered in refrigerator or freezer. When hard you can store in the refrigerator or freezer. Wrap them well and they can stay in the freezer for months. They are really good right out of the freezer! Take one of the caramel wraps and cut it into strips
- ☐ Wrap strips around pretzel rods (I pulled caramel and I twisted and wrapped, so usually one strip of caramel was all that was needed for each pretzel rod.
- ☐ Place a handful of candy melts on 2 pieces of wax paper on a plate. Microwave for about 30 seconds, the stir with a spoon, microwave for another 15 seconds and stir again, repeat until melts are all soft and blend together when you stir. Dip pretzel rods in chocolate. By having your chocolate on the wax paper, you are able to lift the wax paper and get the pretzel covered real good! Use your spoon often to scrape all of the chocolate back to the center. When you run out of melted chocolate, melt some more! I used one bag of chocolate melts for 2 bags of pretzel rods.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:11.33, Inflammation Score:-3, Nutrition Score:4.714347836764%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 289.4kcal (14.47%), Fat: 13.84g (21.29%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 38.21g (12.74%),
Net Carbohydrates: 37.15g (13.51%), Sugar: 24.57g (27.3%), Cholesterol: 15.05mg (5.02%), Sodium: 135.96mg
(5.91%), Alcohol: 0.7g (100%), Alcohol %: 1.34% (100%), Protein: 3.43g (6.86%), Manganese: 0.29mg (14.3%), Vitamin
B1: 0.15mg (10.01%), Folate: 38.77µg (9.69%), Vitamin B3: 1.78mg (8.92%), Selenium: 4.82µg (6.88%), Vitamin E:
0.92mg (6.11%), Iron: 1.1mg (6.1%), Vitamin B2: 0.1mg (6.08%), Phosphorus: 58.46mg (5.85%), Copper: 0.1mg (5.14%),
Magnesium: 18.93mg (4.73%), Fiber: 1.06g (4.26%), Vitamin A: 209.26IU (4.19%), Vitamin B6: 0.07mg (3.51%),
Potassium: 89.37mg (2.55%), Calcium: 25.32mg (2.53%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.15mg (1.45%), Vitamin
B12: 0.09µg (1.44%)