



Rum Balls

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



925 kcal

DESSERT

Ingredients

- ☐ 1 cup chocolate wafers crushed
- ☐ 1 cup confectioners' sugar sifted ()
- ☐ 2 tablespoons plus light
- ☐ 2 servings orange and brown sprinkles
- ☐ 0.3 cup rum
- ☐ 1 tablespoon cocoa unsweetened

Equipment

- ☐ bowl

Directions

- ☐
- In a bowl, mix 1 cup toasted, finely chopped pecans, 1 cup crushed chocolate wafers, 1 cup confectioners' sugar (sifted), 1 Tbsp. unsweetened cocoa, 2 Tbsp. light corn syrup and 1/4 cup rum. Dust hands with confectioners' sugar; roll dough into 1-inch balls.
- ☐
- Roll each ball in a bowl of orange and brown sprinkles until coated. Makes

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:47.38, Inflammation Score:-7, Nutrition Score:17.069130348123%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 925.17kcal (46.26%), Fat: 17.29g (26.6%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 174.84g (58.28%), Net Carbohydrates: 167.74g (60.99%), Sugar: 128.28g (142.53%), Cholesterol: 2.37mg (0.79%), Sodium: 701.77mg (30.51%), Alcohol: 10.02g (100%), Alcohol %: 3.93% (100%), Caffeine: 17.58mg (5.86%), Protein: 9.14g (18.29%), Vitamin C: 47.88mg (58.04%), Manganese: 0.95mg (47.48%), Copper: 0.69mg (34.67%), Iron: 5.23mg (29.05%), Fiber: 7.11g (28.43%), Vitamin B1: 0.34mg (22.34%), Vitamin B2: 0.37mg (21.72%), Magnesium: 84.39mg (21.1%), Folate: 83.4µg (20.85%), Phosphorus: 188.3mg (18.83%), Vitamin B3: 3.7mg (18.48%), Potassium: 451.34mg (12.9%), Selenium: 8.06µg (11.52%), Zinc: 1.64mg (10.92%), Calcium: 79.33mg (7.93%), Vitamin B5: 0.68mg (6.82%), Vitamin E: 1.02mg (6.77%), Vitamin B6: 0.12mg (5.88%), Vitamin A: 216.7IU (4.33%), Vitamin K: 2.9µg (2.76%), Vitamin B12: 0.11µg (1.77%)