

Rum Balls II

 Gluten Free

READY IN



40 min.

SERVINGS



30

CALORIES



653 kcal

Ingredients

- ☐ 1.8 ounce mint jimmies
- ☐ 2 tablespoons rum dark
- ☐ 0.6 cup ground almonds
- ☐ 0.5 cup heavy whipping cream
- ☐ 9 inch cake white cooled crumbled cooked
- ☐ 3 ounce bittersweet chocolate melted

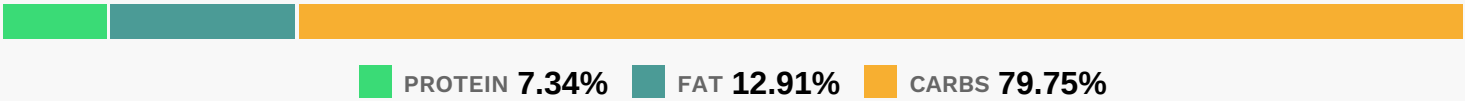
Equipment

- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, mix together 1 1/2 cup cake crumbs, cream, melted chocolate, dark rum, and ground almonds.
- ☐ Form mixture into small balls and roll in sprinkles. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:13.673043664302%

Nutrients (% of daily need)

Calories: 652.69kcal (32.63%), Fat: 9.35g (14.38%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 129.92g (43.31%), Net Carbohydrates: 128.41g (46.69%), Sugar: 78.71g (87.46%), Cholesterol: 215.79mg (71.93%), Sodium: 1290.97mg (56.13%), Alcohol: 0.33g (100%), Alcohol %: 0.19% (100%), Protein: 11.96g (23.92%), Vitamin B1: 0.5mg (33.65%), Vitamin B2: 0.57mg (33.28%), Iron: 5.9mg (32.79%), Phosphorus: 293.3mg (29.33%), Selenium: 19.19µg (27.42%), Folate: 97.45µg (24.36%), Manganese: 0.47mg (23.62%), Vitamin B3: 4.02mg (20.11%), Calcium: 154.18mg (15.42%), Vitamin B5: 1.01mg (10.08%), Vitamin B12: 0.51µg (8.47%), Copper: 0.16mg (8.22%), Zinc: 1.14mg (7.6%), Vitamin A: 378.51IU (7.57%), Magnesium: 28.04mg (7.01%), Potassium: 224.79mg (6.42%), Fiber: 1.51g (6.04%), Vitamin B6: 0.11mg (5.5%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.48µg (3.18%)