

## Rum Balls III

 Dairy Free

READY IN



105 min.

SERVINGS



96

CALORIES



70 kcal

DESSERT

### Ingredients

- 1 cup plus
- 2 cups pecans
- 0.5 cup rum
- 12 ounce semisweet chocolate chips miniature
- 4 tablespoons cocoa powder unsweetened
- 16 ounce vanilla wafers crushed fine

### Equipment

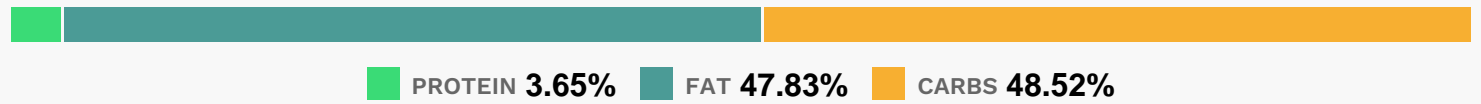
- bowl

- baking sheet
- aluminum foil
- wax paper

## Directions

- In a large bowl combine crushed vanilla wafers, ground pecans, cocoa and chocolate chips. Stir in corn syrup and rum; mix well into a thick dough.
- Coat palms of hand with confectioners' sugar and roll dough into balls no larger than a quarter.
- Place on a cookie sheet, foil or wax paper to dry.
- Let balls dry for 1 hour.
- Roll in confectioners' sugar and seal in airtight containers.

## Nutrition Facts



## Properties

Glycemic Index:1.26, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:1.3126087024322%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 70.01kcal (3.5%), Fat: 3.7g (5.69%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.82g (2.84%), Sugar: 5.61g (6.23%), Cholesterol: 0.26mg (0.09%), Sodium: 21.61mg (0.94%), Alcohol: 0.42g (100%), Alcohol %: 3.45% (100%), Caffeine: 3.53mg (1.18%), Protein: 0.64g (1.27%), Manganese: 0.15mg (7.4%), Copper: 0.08mg (3.86%), Fiber: 0.62g (2.5%), Vitamin B1: 0.04mg (2.46%), Magnesium: 9.81mg (2.45%), Phosphorus: 18.49mg (1.85%), Iron: 0.31mg (1.7%), Zinc: 0.22mg (1.45%), Folate: 4.68µg (1.17%), Potassium: 35.75mg (1.02%)