

Rum Cookie Balls

 Dairy Free

READY IN



75 min.

SERVINGS



48

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 0.3 cup plus
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup rum
- ☐ 1 cup semi chocolate chips
- ☐ 2.7 cups vanilla wafers crushed

Equipment

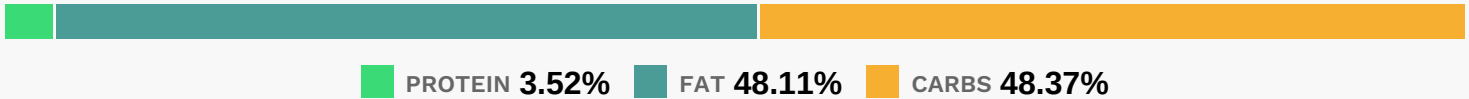
- ☐ bowl

- ☐ frying pan
- ☐ microwave

Directions

- ☐ In the microwave or in a metal bowl over a pan of simmering water, melt chocolate chips, stirring frequently until smooth.
- ☐ Remove from heat and stir in corn syrup and rum.
- ☐ Combine the vanilla wafer crumbs, confectioners' sugar and pecans; stir into the chocolate mixture until well blended. Chill until firm, about 1 hour.
- ☐ Roll dough into 1 inch balls. Refrigerate in an airtight container until serving.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.3534782532926%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 81.3kcal (4.07%), Fat: 4.14g (6.37%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.76g (3.18%), Sugar: 5.98g (6.65%), Cholesterol: 0.29mg (0.1%), Sodium: 26.09mg (1.13%), Alcohol: 0.83g (100%), Alcohol %: 5.99% (100%), Caffeine: 3.22mg (1.08%), Protein: 0.68g (1.36%), Manganese: 0.15mg (7.62%), Copper: 0.07mg (3.73%), Vitamin B1: 0.04mg (2.87%), Fiber: 0.6g (2.41%), Magnesium: 9.37mg (2.34%), Phosphorus: 18.71mg (1.87%), Iron: 0.3mg (1.65%), Folate: 5.88µg (1.47%), Zinc: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.13%), Vitamin B3: 0.22mg (1.09%), Potassium: 35.8mg (1.02%)