

# Snowballs

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.3 cups cookie crumbs (we used crumbs made from Oreo cookies)
- 0.3 cup plus light
- 1 cup pecans finely chopped
- 0.8 cup powdered sugar sifted
- 0.3 cup strawberry jam

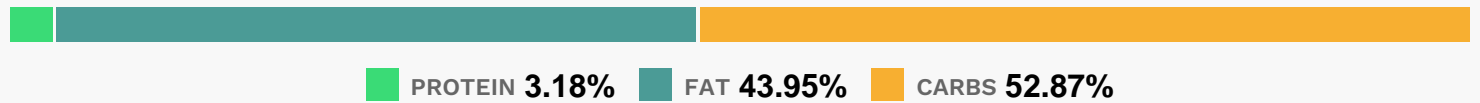
## Equipment

- bowl

## Directions

- Combine cookie crumbs, pecans, 3/4 cup powdered sugar, and coconut, if you'd like, in a large bowl; add corn syrup and preserves. Stir until well blended.
- Shape mixture into 1-inch balls, using 1 level tablespoon of mixture for each.
- Roll balls in 3/4 cup powdered sugar.
- Roll each ball again so it'll be coated very well. Store cookies in an airtight container up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:5.92, Glycemic Load:5.38, Inflammation Score:-1, Nutrition Score:1.8569565512564%

## Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 109.49kcal (5.47%), Fat: 5.51g (8.47%), Saturated Fat: 1g (6.24%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 14.33g (5.21%), Sugar: 9.91g (11.01%), Cholesterol: 0mg (0%), Sodium: 35.04mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Manganese: 0.24mg (11.81%), Vitamin B1: 0.06mg (4.21%), Copper: 0.06mg (3.2%), Fiber: 0.57g (2.29%), Iron: 0.4mg (2.21%), Vitamin B2: 0.04mg (2.19%), Folate: 8.62µg (2.16%), Vitamin E: 0.28mg (1.9%), Phosphorus: 18.66mg (1.87%), Vitamin B3: 0.35mg (1.74%), Zinc: 0.26mg (1.73%), Magnesium: 6.71mg (1.68%), Selenium: 0.84µg (1.2%), Vitamin K: 1.14µg (1.09%)