



Snowballs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

Ingredients

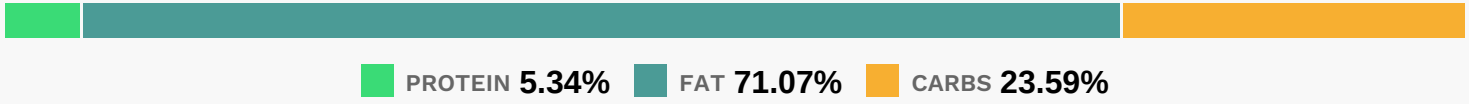
- ☐ 1 cup coconut or grated
- ☐ 6 servings fudge sauce
- ☐ 1 cup pecans chopped
- ☐ 6 servings whipped cream

Equipment

Directions

- ☐
- Scoop ice cream into 6 individual balls; refreeze.
- ☐
- Roll 3 ice cream balls in chopped pecans, covering ice cream completely.
- ☐
- Roll remaining ice cream balls in coconut, covering ice cream completely. Spoon fudge sauce over ice cream balls, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:9.3, Inflammation Score:-4, Nutrition Score:9.4739130528077%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 359.15kcal (17.96%), Fat: 29.57g (45.49%), Saturated Fat: 13.75g (85.94%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 17.54g (6.38%), Sugar: 16.1g (17.89%), Cholesterol: 29.05mg (9.68%), Sodium: 61.5mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Manganese: 1.22mg (60.77%), Fiber: 4.54g (18.17%), Copper: 0.35mg (17.47%), Phosphorus: 149.77mg (14.98%), Vitamin B2: 0.2mg (11.59%), Magnesium: 44.45mg (11.11%), Zinc: 1.57mg (10.48%), Vitamin B1: 0.16mg (10.39%), Calcium: 101.37mg (10.14%), Potassium: 285.59mg (8.16%), Vitamin B5: 0.65mg (6.55%), Selenium: 4.52µg (6.46%), Vitamin A: 288.05IU (5.76%), Vitamin B6: 0.11mg (5.63%), Iron: 1mg (5.57%), Vitamin B12: 0.26µg (4.3%), Vitamin E: 0.54mg (3.61%), Folate: 8.61µg (2.15%), Vitamin B3: 0.38mg (1.89%)