



## Southern Snowballs

 Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 tablespoons plus light
- 48 marshmallows mini
- 2 tablespoons orange juice concentrate
- 3 tablespoons orange marmalade
- 1.8 cups coconut flakes sweetened
- 12 ounce vanilla wafers crushed finely

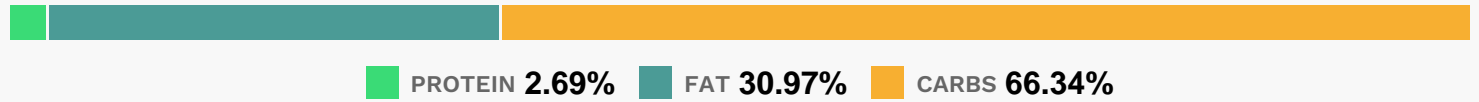
### Equipment

- bowl

## Directions

- In a bowl, combine the corn syrup, orange marmalade, and orange juice concentrate. Stir in the crushed vanilla wafers and knead together until moistened and well mixed. Use your hands to shape the mixture into 1-inch balls, filling each with 1 to 2 mini marshmallows.
- Roll each ball in the coconut to coat and store in an airtight container for up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:6.52, Glycemic Load:9.18, Inflammation Score:-1, Nutrition Score:1.2586956420994%

## Nutrients (% of daily need)

Calories: 119.15kcal (5.96%), Fat: 4.22g (6.49%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.48g (7.08%), Sugar: 12.95g (14.39%), Cholesterol: 0.14mg (0.05%), Sodium: 80.09mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin B1: 0.07mg (4.45%), Folate: 13.85µg (3.46%), Fiber: 0.84g (3.37%), Manganese: 0.06mg (3.03%), Vitamin C: 1.91mg (2.31%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.43mg (2.14%), Selenium: 1.07µg (1.53%), Phosphorus: 13.11mg (1.31%), Potassium: 43.07mg (1.23%), Copper: 0.02mg (1.13%)