



Spirit Balls

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients

- 6 tablespoons bourbon
- 0.3 cup cocoa sifted
- 1 cup confectioners' sugar sifted
- 3 tablespoons plus dark
- 1 pinch salt
- 2 cups vanilla wafers crushed
- 1 cup walnuts finely chopped

Equipment

Directions

- Mix all ingredients together. Form into one inch balls.
- Roll balls in a mix of cocoa power and confectioner's sugar. Store covered several days before serving. Cookie can be stored for several weeks in a covered container.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:4.7, Inflammation Score:-1, Nutrition Score:1.2508695523214%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 74.83kcal (3.74%), Fat: 3.26g (5.02%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.48g (3.45%), Sugar: 6.71g (7.45%), Cholesterol: 0.06mg (0.02%), Sodium: 28.77mg (1.25%), Alcohol: 0.83g (100%), Alcohol %: 6% (100%), Protein: 0.86g (1.71%), Manganese: 0.14mg (6.81%), Copper: 0.08mg (3.8%), Vitamin B1: 0.04mg (2.5%), Folate: 8.75µg (2.19%), Fiber: 0.52g (2.1%), Magnesium: 8.26mg (2.07%), Phosphorus: 18.5mg (1.85%), Vitamin B2: 0.02mg (1.25%), Vitamin B3: 0.21mg (1.05%), Iron: 0.19mg (1.04%)