



Whiskey Sour Balls



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce orange juice concentrate frozen thawed canned
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 2 teaspoons vanilla extract
- ☐ 12 ounce vanilla wafers crushed
- ☐ 0.3 cup bourbon whiskey

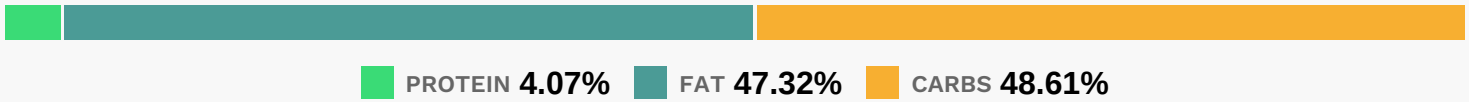
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, mix together the coconut, vanilla wafer crumbs, pecans, orange juice concentrate, vanilla and bourbon. Cover and refrigerate for several hours or overnight.
- ☐ Roll the dough into 1 inch balls, and roll in confectioners' sugar. If not serving right away, give them a fresh roll in the sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:1.4547826106782%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg

Nutrients (% of daily need)

Calories: 65.35kcal (3.27%), Fat: 3.33g (5.13%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 7.24g (2.63%), Sugar: 3.98g (4.42%), Cholesterol: 0.08mg (0.03%), Sodium: 33.36mg (1.45%), Alcohol: 0.53g (100%), Alcohol %: 4.17% (100%), Protein: 0.64g (1.29%), Vitamin C: 5.51mg (6.68%), Manganese: 0.12mg (6.02%), Vitamin B1: 0.06mg (3.89%), Folate: 10.12µg (2.53%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.27mg (1.37%), Phosphorus: 13.18mg (1.32%), Potassium: 43.74mg (1.25%), Magnesium: 4.76mg (1.19%)