



Yum-Rum Balls

READY IN



45 min.

SERVINGS



48

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate cookie crumbs
- ☐ 3 tablespoons rum dark
- ☐ 0.5 cup powdered sugar
- ☐ 3 cups semisweet chocolate morsels
- ☐ 14 ounce condensed milk sweetened canned

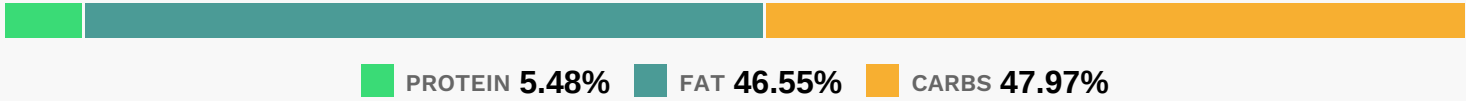
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook sweetened condensed milk and chocolate morsels in a heavy saucepan over medium heat, stirring often, until chocolate morsels melt.
- ☐ Remove from heat, and stir in rum.
- ☐ Pour into a lightly greased 8-inch square pan. Cover and chill 3 hours or until firm.
- ☐ Shape mixture into 1 1/4-inch balls, roll in chocolate cookie crumbs and then in powdered sugar.
- ☐ Place balls in miniature paper baking cups, if desired. Store in an airtight container in the refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:2.342608710346%

Nutrients (% of daily need)

Calories: 102.28kcal (5.11%), Fat: 5.21g (8.02%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 11.18g (4.06%), Sugar: 10g (11.11%), Cholesterol: 3.49mg (1.16%), Sodium: 14.11mg (0.61%), Alcohol: 0.31g (100%), Alcohol %: 1.77% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.38g (2.76%), Manganese: 0.15mg (7.64%), Copper: 0.14mg (7.13%), Magnesium: 22.05mg (5.51%), Phosphorus: 50.67mg (5.07%), Iron: 0.75mg (4.16%), Fiber: 0.91g (3.64%), Selenium: 2.22µg (3.17%), Calcium: 30.56mg (3.06%), Potassium: 95.12mg (2.72%), Zinc: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.49%)