

Bourbon Balls

Rhoma Krischke

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 large box vanilla wafers
1 cup chopped pecans
1 1/2 tablespoons cocoa powder
2 tablespoons white corn syrup
1 cup powdered sugar
2 1/2 jiggers bourbon or rum
confectioners' sugar

Crush the wafers.

Mix with the cocoa and sugar.

Add the pecans and syrup.

Add the liquor until the proper consistency. Roll into balls.

Roll about in the powdered sugar and place into a tightly closed container until needed.

Per Serving (excluding unknown items): 1307 Calories; 83g Fat (53.7% calories from fat); 11g Protein; 150g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 16 Fat; 8 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1307
% Calories from Fat:	53.7%
% Calories from Carbohydrates:	43.1%
% Calories from Protein:	3.2%
Total Fat (g):	83g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	51g
Polyunsaturated Fat (g):	20g
Cholesterol (mg):	0mg
Carbohydrate (g):	150g
Dietary Fiber (g):	12g
Protein (g):	11g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	50mcg
Niacin (mg):	1mg
Caffeine (mg):	19mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2

Sodium (mg): 22mg
Potassium (mg): 598mg
Calcium (mg): 56mg
Iron (mg): 4mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 154IU
Vitamin A (r.e.): 15 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 8 1/2

Nutrition Facts

Amount Per Serving

Calories 1307 **Calories from Fat:** 702

% Daily Values*

Total Fat 83g	127%
Saturated Fat 7g	37%
Cholesterol 0mg	0%
Sodium 22mg	1%
Total Carbohydrates 150g	50%
Dietary Fiber 12g	47%
Protein 11g	
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Vitamin A	3%
Vitamin C	4%
Calcium	6%
Iron	21%

* Percent Daily Values are based on a 2000 calorie diet.