

# Manhattan Bourbon Balls

50 No-Bake Treats  
Food Network Magazine

1 cup dried sour cherries  
1/4 cup bourbon  
52 vanilla wafers  
1/2 cup confectioner's sugar  
1 tablespoon dark corn syrup  
pinch salt

In a bowl, microwave the cherries and bourbon for 3 minutes.

In a food processor, pulse the vanilla wafers until ground.

Add the cherry-bourbon mixture, confectioner's sugar, corn syrup and salt. Pulse until combined.

Form the mixture into one-inch balls. Skewer each with a cocktail pick.

Chill until firm.

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Per Serving (excluding unknown items): 1906 Calories; 60g Fat (30.5% calories from fat); 13g Protein; 297g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 988mg Sodium. Exchanges: 11 1/2 Fat; 19 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	1906	Vitamin B6 (mg):	trace
% Calories from Fat:	30.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.6%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	60g	Folacin (mcg):	25mcg
Saturated Fat (g):	15g	Niacin (mg):	9mg
Monounsaturated Fat (g):	34g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	139
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	297g		

## Food Exchanges

**Dietary Fiber (g):** 6g  
**Protein (g):** 13g  
**Sodium (mg):** 988mg  
**Potassium (mg):** 345mg  
**Calcium (mg):** 82mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 3IU  
**Vitamin A (r.e.):** 0RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 11 1/2  
**Other Carbohydrates:** 19 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1906                      **Calories from Fat:** 581

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### % Daily Values\*

<b>Total Fat</b> 60g	93%
Saturated Fat 15g	75%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 988mg	41%
<b>Total Carbohydrates</b> 297g	99%
Dietary Fiber 6g	25%
<b>Protein</b> 13g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	8%
<b>Iron</b>	38%

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