

Orange Balls II

Mrs. John B. Whitley

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1 package (12 ounce) vanilla wafers
 1/2 cup margarine, softened
 1 cup nuts, finely chopped
 1 box (16 ounce) powdered sugar
 1 can (6 ounce) concentrated frozen
 orange juice, thawed
 flaked coconut or crushed pecans
 (optional)

In a bowl, crush the vanilla wafers to make fine crumbs.

Add the margarine, nuts, powdered sugar and orange juice concentrate. Mix well with hands.

Form the mixture into small balls. (The balls may be left plain or rolled in crushed nuts or flaked coconut.)

The balls may be refrigerated or frozen.

Per Serving (excluding unknown items): 2183 Calories; 172g Fat (68.3% calories from fat); 25g Protein; 155g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 1101mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 32 1/2 Fat; 8 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2183	Vitamin B6 (mg):	.3mg
% Calories from Fat:	68.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	27.3%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	4.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	172g	Folacin (mcg):	120mcg
Saturated Fat (g):	29g	Niacin (mg):	7mg
Monounsaturated Fat (g):	90g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	46g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	155g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	2
Protein (g):	25g	Lean Meat:	2 1/2

Sodium (mg): 1101mg
Potassium (mg): 882mg
Calcium (mg): 190mg
Iron (mg): 5mg
Zinc (mg): 7mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 4062IU
Vitamin A (r.e.): 905 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 32 1/2
Other Carbohydrates: 8 1/2

Nutrition Facts

Amount Per Serving

Calories 2183 **Calories from Fat:** 1491

% Daily Values*

Total Fat 172g	265%
Saturated Fat 29g	143%
Cholesterol 0mg	0%
Sodium 1101mg	46%
Total Carbohydrates 155g	52%
Dietary Fiber 14g	57%
Protein 25g	
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Vitamin A	81%
Vitamin C	1%
Calcium	19%
Iron	26%

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