

# Orange Balls

Sara F Patterson, Nancy F Holley & Cleo F Long  
*Three Sisters Cookbook - Alexander City, AL*

1 box vanilla wafers, chopped fine  
 1 stick margarine  
 1 can (6 ounce) frozen orange juice concentrate  
 1 box confectioner's sugar  
 1 cup pecans  
 1 cup coconut

In a bowl, cream the butter, sugar, wafers, pecans and orange juice.

Form the mixture into balls.

Roll the balls in coconut.

*An option is to roll the balls in powdered sugar rather than coconut. It freezes well.*

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Per Serving (excluding unknown items): 1929 Calories; 119g Fat (54.2% calories from fat); 9g Protein; 218g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1108mg Sodium. Exchanges: 6 Fruit; 23 1/2 Fat; 8 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1929	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	54.2%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	44.0%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	1.8%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	119g	<b>Folacin (mcg):</b>	354mcg
<b>Saturated Fat (g):</b>	40g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	46g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	28g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	218g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	9g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	9g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	1108mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	1777mg	<b>Fruit:</b>	6
<b>Calcium (mg):</b>	116mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	23 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	8 1/2

Vitamin C (mg): 329mg  
Vitamin A (i.u.): 4623IU  
Vitamin A (r.e.): 962 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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Calories 1929                      Calories from Fat: 1046

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### % Daily Values\*

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<b>Total Fat</b>	119g	184%
Saturated Fat	40g	200%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1108mg	46%
<b>Total Carbohydrates</b>	218g	73%
Dietary Fiber	9g	36%
<b>Protein</b>	9g	

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<b>Vitamin A</b>	92%
<b>Vitamin C</b>	548%
<b>Calcium</b>	12%
<b>Iron</b>	16%

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