

Rum Balls

Paula Macri
Treasure Coast Newspapers

6 ounces semi-sweet chocolate chips
1/2 cup sugar
1/3 cup rum
3 tablespoons light corn syrup
2 cups vanilla wafers, crushed
1 cup ground walnuts

In a saucepan, melt the chocolate over low heat. Remove from the heat once the chocolate is melted.

Stir in the sugar, rum and corn syrup.

Gently fold in the crushed vanilla wafers and the ground walnuts.

Shape into one-inch balls using two teaspoons of the mixture for each rum ball. Roll in sugar.

Store in an airtight container until ready to serve.

Per Serving (excluding unknown items): 3454 Calories; 137g Fat (36.6% calories from fat); 39g Protein; 493g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 1525mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 25 Fat; 32 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3454
% Calories from Fat:	36.6%
% Calories from Carbohydrates:	58.7%
% Calories from Protein:	4.7%
Total Fat (g):	137g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	62g
Polyunsaturated Fat (g):	41g
Cholesterol (mg):	0mg
Carbohydrate (g):	493g
	13g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.8mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	90mcg
Niacin (mg):	14mg
Caffeine (mg):	0mg
Alcohol (kcal):	170
% Refuse:	0.0%

Food Exchanges

1/2

Dietary Fiber (g):
Protein (g): 39g
Sodium (mg): 1525mg
Potassium (mg): 931mg
Calcium (mg): 168mg
Iron (mg): 13mg
Zinc (mg): 4mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 242IU
Vitamin A (r.e.): 24RE

Grain (Starch):
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 25
Other Carbohydrates: 32

Nutrition Facts

Amount Per Serving

Calories 3454 **Calories from Fat:** 1266

% Daily Values*

Total Fat 137g	210%
Saturated Fat 26g	129%
Cholesterol 0mg	0%
Sodium 1525mg	64%
Total Carbohydrates 493g	164%
Dietary Fiber 13g	54%
Protein 39g	
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Vitamin A	5%
Vitamin C	4%
Calcium	17%
Iron	72%

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