

# Simple No-Bake Coconut Balls

Publix Aprons  
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1 can condensed milk  
1 cup butter, melted  
2 pounds confectioner's sugar  
1 teaspoon vanilla  
7 ounces coconut  
4 cups chopped pecans  
melted chocolate (for dipping)

In a bowl, mix the condensed milk, butter, confectioner's sugar, vanilla, coconut and pecans. Form into little balls. Place on waxed paper.

In a saucepan, melt the chocolate according to package directions. Dip the balls into the chocolate.

Place the coated balls on waxed paper. Let set until the chocolate is hardened.

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Per Serving (excluding unknown items): 9048 Calories; 573g Fat (54.7% calories from fat); 45g Protein; 1022g Carbohydrate; 54g Dietary Fiber; 497mg Cholesterol; 1927mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Fruit; 112 Fat; 61 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	9048
<b>% Calories from Fat:</b>	54.7%
<b>% Calories from Carbohydrates:</b>	43.4%
<b>% Calories from Protein:</b>	1.9%
<b>Total Fat (g):</b>	573g
<b>Saturated Fat (g):</b>	199g
<b>Monounsaturated Fat (g):</b>	257g
<b>Polyunsaturated Fat (g):</b>	88g
<b>Cholesterol (mg):</b>	497mg
<b>Carbohydrate (g):</b>	1022g
<b>Dietary Fiber (g):</b>	54g
<b>Protein (g):</b>	45g
<b>Sodium (mg):</b>	1927mg
<b>Potassium (mg):</b>	2650mg
<b>Calcium (mg):</b>	263mg
<b>Iron (mg):</b>	16mg
<b>Zinc (mg):</b>	29mg
<b>Vitamin C (mg):</b>	16mg
<b>Vitamin A (i.u.):</b>	7545IU
<b>Vitamin A (r.e.):</b>	1778 1/2RE

<b>Vitamin B6 (mg):</b>	1.0mg
<b>Vitamin B12 (mcg):</b>	.3mcg
<b>Thiamin B1 (mg):</b>	4.1mg
<b>Riboflavin B2 (mg):</b>	.7mg
<b>Folacin (mcg):</b>	245mcg
<b>Niacin (mg):</b>	5mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	13
<b>% Refuse:</b>	n n%

## Food Exchanges

<b>Grain (Starch):</b>	5 1/2
<b>Lean Meat:</b>	2 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	112
<b>Other Carbohydrates:</b>	61

## Nutrition Facts

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**Amount Per Serving**

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**Calories** 9048 Calories from Fat: 4951

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**% Daily Values\***

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<b>Total Fat</b>	573g	882%
Saturated Fat	199g	997%
<b>Cholesterol</b>	497mg	166%
<b>Sodium</b>	1927mg	80%
<b>Total Carbohydrates</b>	1022g	341%
Dietary Fiber	54g	216%
<b>Protein</b>	45g	

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<b>Vitamin A</b>	151%
<b>Vitamin C</b>	27%
<b>Calcium</b>	26%
<b>Iron</b>	88%

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