

Bourbon Balls III

Melissa Knific

Family Circle Magazine - December 2013

Yield: 36 cookies

1 1/2 cups (about 40 cookies)
vanilla wafer cookie crumbs, finely
ground in a food processor
1 cup walnuts, finely ground in a food
processor
1/2 cup confectioner's sugar
2 tablespoons unsweetened cocoa
powder
1/4 cup bourbon
1 tablespoon light corn syrup
decorators' sugar, unsweetened cocoa
or confectioner's sugar, for rolling
(optional)

Preparation Time: 20 minutes

Refrigerate: 30 minutes

In a large bowl, combine the cookie crumbs,
walnuts, confectioner's sugar and cocoa. Stir in
the bourbon and corn syrup until well combined.

Roll the mixture into one-inch balls. Place on a
parchment-lined baking sheet. Refrigerate for
30 minutes.

Roll in the decorators' sugar, unsweetened
cocoa or confectioner's sugar, if desired.

Per Serving (excluding unknown
items): 1214 Calories; 72g Fat
(55.8% calories from fat); 33g
Protein; 96g Carbohydrate; 10g
Dietary Fiber; 0mg Cholesterol;
29mg Sodium. Exchanges: 1 1/2
Grain(Starch); 4 Lean Meat; 12 Fat;
5 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1214
% Calories from Fat:	55.8%
% Calories from Carbohydrates:	33.1%
% Calories from Protein:	11.2%
Total Fat (g):	72g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	47g
Cholesterol (mg):	0mg
Carbohydrate (g):	96g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	85mcg
Niacin (mg):	1mg
Caffeine (mg):	25mg
Alcohol (kcal):	139
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 10g
Protein (g): 33g
Sodium (mg): 29mg
Potassium (mg): 822mg
Calcium (mg): 87mg
Iron (mg): 5mg
Zinc (mg): 5mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 372IU
Vitamin A (r.e.): 37 1/2RE

Grain (Starch): 1 1/2
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 12
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 1214 **Calories from Fat:** 677

% Daily Values*

Total Fat 72g	111%
Saturated Fat 5g	27%
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrates 96g	32%
Dietary Fiber 10g	39%
Protein 33g	
<hr/>	
Vitamin A	7%
Vitamin C	7%
Calcium	9%
Iron	30%

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