

# Rum Balls II

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

## Yield: 30 balls

3 cups (14 ounce box) vanilla wafers,  
finely ground  
1 cup ground pecans  
1 cup confectioner's sugar  
3 tablespoons karo syrup  
1 1/2 tablespoons cocoa  
1/2 cup rum or bourbon

In a bowl, mix all of the ingredients thoroughly.

Shape into balls the size of a quarter.

Roll in additional confectioner's sugar.

Do Not Bake.

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Per Serving (excluding unknown items): 1277 Calories; 59g Fat (39.0% calories from fat); 9g Protein; 198g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 133mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 11 Fat; 12 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	1277	Vitamin B6 (mg):	.2mg
% Calories from Fat:	39.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	58.5%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	59g	Folacin (mcg):	35mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	36g	Caffeine (mg):	19mg
Polyunsaturated Fat (g):	14g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	198g	<b>Food Exchanges</b>	
Dietary Fiber (g):	9g	Grain (Starch):	1
Protein (g):	9g	Lean Meat:	1/2
Sodium (mg):	133mg	Vegetable:	0
Potassium (mg):	461mg	Fruit:	0
Calcium (mg):	47mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	11

Zinc (mg): 5mg  
Vitamin C (mg): 2mg  
Vitamin A (i.u.): 104IU  
Vitamin A (r.e.): 10 1/2RE

Other Carbohydrates: 12

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## Nutrition Facts

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### Amount Per Serving

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Calories 1277                      Calories from Fat: 498

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### % Daily Values\*

<b>Total Fat</b>	59g	90%
Saturated Fat	6g	29%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	133mg	6%
<b>Total Carbohydrates</b>	198g	66%
Dietary Fiber	9g	36%
<b>Protein</b>	9g	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		3%
<b>Calcium</b>		5%
<b>Iron</b>		18%

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