



Almond Coconut Chocolate Cookie Balls



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



113 kcal

Ingredients

- ☐ 3 cups coconut or flaked
- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup almonds whole

Equipment

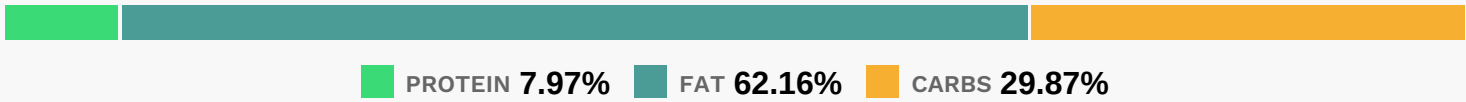
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ double boiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
- ☐ In the top half a double boiler melt the chocolate and condensed milk, stirring frequently.
- ☐ Pour the melted chocolate mixture over the coconut. Stir in the vanilla and salt.
- ☐ Mix well until the coconut is completely coated. Drop dough by teaspoonfuls onto the prepared baking sheet. Press one whole almond into the top of each cookie.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes. Check at 8 minutes as the bottoms tend to burn easily.
- ☐ Remove from oven and cool.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:3.8278261053821%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.35kcal (5.67%), Fat: 8.34g (12.82%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.72g (7.47%), Cholesterol: 3.75mg (1.25%), Sodium: 18.13mg (0.79%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 2.4g (4.81%), Manganese: 0.35mg (17.59%), Fiber: 1.91g (7.65%), Copper: 0.15mg (7.5%), Vitamin E: 1.07mg (7.15%), Phosphorus: 67.9mg (6.79%), Magnesium: 25.13mg (6.28%), Vitamin B2: 0.1mg (5.88%), Selenium: 3.23µg (4.62%), Calcium: 45.44mg (4.54%), Iron: 0.68mg (3.76%), Potassium: 121.72mg (3.48%), Zinc: 0.52mg (3.48%), Vitamin B1: 0.02mg (1.64%), Vitamin B6: 0.03mg (1.64%), Vitamin B5:

0.16mg (1.61%), Vitamin B3: 0.23mg (1.16%), Folate: 4.04µg (1.01%)