

Apricot Confection



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups coconut or flaked
- ☐ 8 ounces apricots dried
- ☐ 3 eggs
- ☐ 7.5 ounces vanilla wafers crushed
- ☐ 0.8 cup walnuts chopped
- ☐ 0.5 cup sugar white

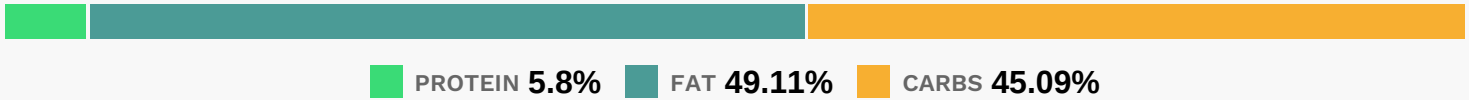
Equipment

- ☐ frying pan

Directions

- ☐ Snip apricots into small strips.
- ☐ Sprinkle with water and let stand in a sealed container overnight.
- ☐ Combine eggs, sugar, and apricots. In a lightly buttered skillet cook the apricot mixture over low heat for 10 minutes. Stir in the nuts, vanilla wafer crumbs and 1/2 of the coconut.
- ☐ Shape mixture into small balls.
- ☐ Roll balls in the remaining coconut. Store in a tightly covered box. These taste best after aging for a few days.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:4.8, Inflammation Score:-2, Nutrition Score:2.01999999945319%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 79.14kcal (3.96%), Fat: 4.54g (6.99%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.27g (3.01%), Sugar: 6.32g (7.02%), Cholesterol: 10.27mg (3.42%), Sodium: 23.55mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Manganese: 0.17mg (8.58%), Fiber: 1.11g (4.43%), Copper: 0.08mg (3.78%), Vitamin A: 185.5IU (3.71%), Potassium: 89.66mg (2.56%), Selenium: 1.71µg (2.44%), Phosphorus: 24.28mg (2.43%), Magnesium: 7.92mg (1.98%), Vitamin B2: 0.03mg (1.94%), Folate: 7.77µg (1.94%), Vitamin B1: 0.03mg (1.92%), Iron: 0.35mg (1.92%), Vitamin E: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.59%), Vitamin B3: 0.28mg (1.41%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.11mg (1.05%)