



Beijinho de Coco (Brazilian Coconut Candy)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter plus more for your hands
- ☐ 0.5 cup coconut flakes plus more for decoration
- ☐ 2 tablespoons coconut milk
- ☐ 14 oz condensed milk sweetened canned

Equipment

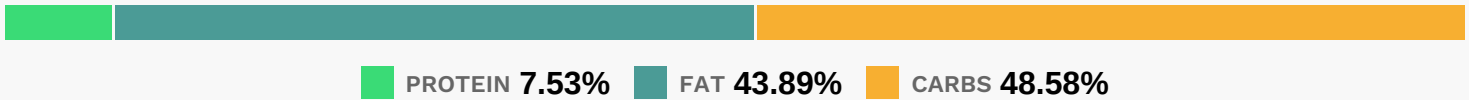
- ☐ sauce pan
- ☐ baking paper
- ☐ baking pan

☐ wooden spoon

Directions

- ☐ Place all the ingredients in a medium sauce pan over low heat and cook for about 12 to 15 minutes, stirring constantly with a wooden spoon.
- ☐ Pour the mixture on a greased baking pan.
- ☐ Let it cool for at least 1 hour. With buttered hands, make equal size small balls with the mixture.
- ☐ Roll each beijinho in the coconut flakes.
- ☐ Place in baking paper cups and store in the refrigerator overnight before serving.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:11.04, Inflammation Score:-1, Nutrition Score:3.1852174440156%

Nutrients (% of daily need)

Calories: 151.2kcal (7.56%), Fat: 7.59g (11.67%), Saturated Fat: 5.51g (34.47%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 18.32g (6.66%), Sugar: 18.25g (20.28%), Cholesterol: 16.26mg (5.42%), Sodium: 58.64mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Calcium: 95.86mg (9.59%), Phosphorus: 93.93mg (9.39%), Vitamin B2: 0.14mg (8.35%), Selenium: 5.57µg (7.96%), Manganese: 0.12mg (5.92%), Potassium: 148mg (4.23%), Magnesium: 12.98mg (3.25%), Vitamin A: 146.62IU (2.93%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.4mg (2.65%), Vitamin B12: 0.15µg (2.49%), Fiber: 0.58g (2.31%), Vitamin B1: 0.03mg (2.17%), Copper: 0.04mg (1.94%), Iron: 0.26mg (1.46%), Vitamin B6: 0.03mg (1.41%), Vitamin C: 0.94mg (1.14%), Folate: 4.38µg (1.09%)