



Chocolate Coconut Candies

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup plus light
- 2 cups baker's angel flake coconut
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 0.3 cup sugar
- 4.5 tsp water

Equipment

- bowl
- sauce pan

- wax paper
- microwave
- candy thermometer

Directions

- Mix corn syrup, sugar and water in large saucepan. Bring to boil on medium heat, stirring until sugar is dissolved. Stir in coconut. Continue boiling, without stirring, until temperature on candy thermometer reaches 236F. Drop teaspoonfuls of the coconut mixture onto large sheet of wax paper. Cool.
- Meanwhile, microwave chocolate in medium microwaveable bowl on HIGH 2 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted. Cool until temperature on candy thermometer reaches 83F.
- Dip coconut balls into chocolate, turning until completely covered. Return to sheet of wax paper; let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:1.3665217163608%

Nutrients (% of daily need)

Calories: 71.94kcal (3.6%), Fat: 4.39g (6.76%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.43g (2.7%), Sugar: 7.19g (7.99%), Cholesterol: 0.19mg (0.06%), Sodium: 5.19mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Manganese: 0.18mg (8.82%), Fiber: 1.05g (4.2%), Copper: 0.08mg (3.97%), Magnesium: 10.13mg (2.53%), Iron: 0.37mg (2.04%), Phosphorus: 18.43mg (1.84%), Selenium: 1.22µg (1.74%), Zinc: 0.21mg (1.37%), Potassium: 44.83mg (1.28%)