



Chocolate-Coconut Sushi

 Gluten Free

READY IN



120 min.

SERVINGS



12

CALORIES



485 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce very bittersweet chocolate dark
- ☐ 3 ounce candied crystalized ginger pieces
- ☐ 1 cup pecans chopped
- ☐ 0.5 pound powdered sugar
- ☐ 0.5 pound coconut flakes sweetened
- ☐ 1 cup sweetened-condensed milk

Equipment

- ☐ food processor

- ☐ bowl
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ wax paper
- ☐ skewers

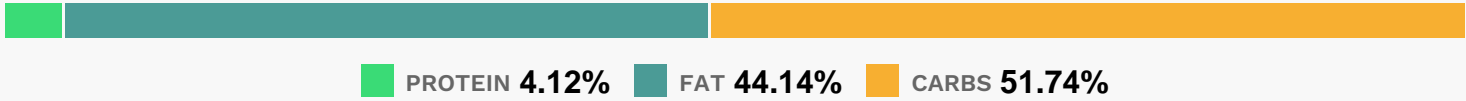
Directions

- ☐ But the pecans into the bowl of a food processor and pulse 10 or 12 times until a coarse sandy texture is achieved.
- ☐ Combine pecans, coconut, powdered sugar and condensed milk in large mixing bowl.
- ☐ Mix well, it should be quite thick and stiff, about the texture of wet clay. Form squareish shaped logs about 1 ½ inches in diameter and 5-inches long. Thread a long (at least 8-inches) bamboo skewer through the coconut logs length-wise through the center until the tip just pierces the other side. This should give you a handle to assist in dipping about 3-inches long.
- ☐ Put the finished logs onto a parchment or wax paper lined tray and put them in the freezer, about 30 minutes, until they become somewhat hard.
- ☐ Place the chocolate into a heat proof bowl. Set the bowl over a pot of simmering water, do not let the water level touch the bottom of the bowl. Melt the chocolate, stirring often until smooth and shiny.
- ☐ Let the chocolate become somewhat cool to the touch, put still pourable.
- ☐ Pour some of the chocolate into a narrow jar, pitcher or glass tall enough to accommodate the coconut logs vertically, and leaving enough space in the container to allow for displacement of the chocolate. Holding the long end of the skewer, dip each log into the chocolate turning as you dip to assure complete coverage. Lift the log out of the chocolate, letting much of the excess drip back into the container.
- ☐ Lay the chocolate covered logs onto the parchment or wax paper lined tray. Repeat with all the logs, adding more chocolate as needed to ensure complete coverage. When all the logs are covered return the logs to the freezer for about 10 minutes. Then repeat the procedure. You may repeat the whole process a third time, if you like your chocolate quite thick. But twice works for me. After the final dip, return them to the freezer for an additional 10 minutes. Then remove them one at a time to a cutting surface. Run a very sharp knife under warm water and slice the logs into 3/4-inch thick pieces. Washing and warming the knife between each

cut.

- ☐
- Garnish with a small sliver of crystalized ginger pressed into the center of each slice, if using. They may be kept in the refrigerator until about 1 hour before serving. They are best at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:8.5, Inflammation Score:-3, Nutrition Score:9.5630435230939%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 485.47kcal (24.27%), Fat: 24.31g (37.4%), Saturated Fat: 13.15g (82.16%), Carbohydrates: 64.11g (21.37%), Net Carbohydrates: 59.18g (21.52%), Sugar: 55.41g (61.57%), Cholesterol: 10.37mg (3.46%), Sodium: 90.54mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.1g (10.2%), Manganese: 0.93mg (46.52%), Copper: 0.51mg (25.69%), Fiber: 4.93g (19.72%), Magnesium: 76.15mg (19.04%), Phosphorus: 179.98mg (18%), Selenium: 9.63µg (13.75%), Iron: 2.35mg (13.03%), Potassium: 357.78mg (10.22%), Zinc: 1.5mg (10.01%), Calcium: 98.04mg (9.8%), Vitamin B2: 0.14mg (8.07%), Vitamin B1: 0.09mg (5.95%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.16µg (2.72%), Vitamin B3: 0.52mg (2.6%), Vitamin K: 2.48µg (2.36%), Vitamin B6: 0.05mg (2.28%), Vitamin E: 0.32mg (2.16%), Vitamin A: 86.88IU (1.74%), Folate: 5.19µg (1.3%)