

## Chocolate Coconut Tarts

READY IN



45 min.

SERVINGS



2

CALORIES



911 kcal

DESSERT

### Ingredients

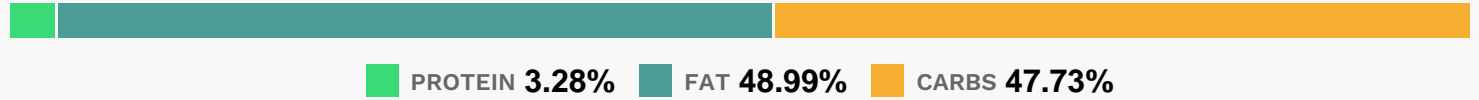
- 1 tbsp coconut oil
- 1 cup cookie crumbs
- 1 eggs
- 1 tbsp flour
- 2 tbsp cup heavy whipping cream
- 1 cup lite coconut milk light
- 0.3 cup sugar
- 1 cup coconut shredded sweetened
- 0.3 cup granulated sugar white

# Equipment

## Directions

Full recipe at [Because I Like Chocolate](#).

## Nutrition Facts



## Properties

Glycemic Index:150.59, Glycemic Load:56.99, Inflammation Score:-3, Nutrition Score:12.58956532893%

## Nutrients (% of daily need)

Calories: 911.03kcal (45.55%), Fat: 50.17g (77.19%), Saturated Fat: 34.63g (216.41%), Carbohydrates: 109.98g (36.66%), Net Carbohydrates: 107.21g (38.98%), Sugar: 80.66g (89.62%), Cholesterol: 98.79mg (32.93%), Sodium: 413.6mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Manganese: 1.36mg (68.08%), Selenium: 19.39µg (27.7%), Vitamin B2: 0.32mg (18.99%), Iron: 2.96mg (16.42%), Folate: 61.9µg (15.48%), Vitamin B1: 0.23mg (15.45%), Phosphorus: 137.46mg (13.75%), Vitamin E: 1.77mg (11.83%), Fiber: 2.78g (11.1%), Copper: 0.21mg (10.61%), Vitamin B3: 2.1mg (10.5%), Vitamin B6: 0.2mg (10.09%), Zinc: 1.42mg (9.44%), Vitamin B5: 0.87mg (8.68%), Magnesium: 34.01mg (8.5%), Vitamin A: 382.3IU (7.65%), Potassium: 245.27mg (7.01%), Vitamin K: 6.23µg (5.94%), Vitamin D: 0.68µg (4.53%), Vitamin B12: 0.22µg (3.66%), Calcium: 36.6mg (3.66%)