



Chocolate-Covered Coconut Joys



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



42

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 cups coconut or flaked
- ☐ 2 cups powdered sugar sifted
- ☐ 12 ounces semisweet chocolate morsels

Equipment

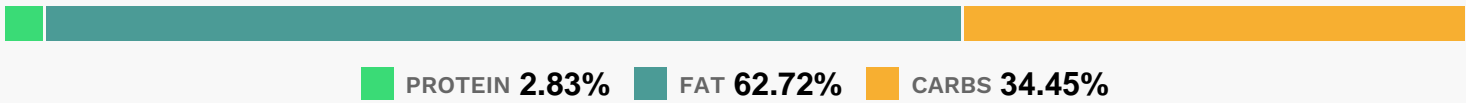
- ☐ sauce pan
- ☐ wax paper
- ☐ microwave

☐ measuring cup

Directions

- ☐ Melt butter in a saucepan over low heat; remove from heat. Stir in sugar and coconut; shape into 3/4 inch balls. Chill until firm.
- ☐ Microwave 2 cups (12 ounces) semisweet chocolate morsels in a 2-cup glass measuring cup at HIGH 1 1/2 minutes or until melted, stirring twice. Dip coconut balls in melted chocolate, allowing excess to drip, and place on wax paper.
- ☐ Let stand until firm.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3991304370372%

Nutrients (% of daily need)

Calories: 128.57kcal (6.43%), Fat: 9.21g (14.17%), Saturated Fat: 6.65g (41.55%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 9.75g (3.54%), Sugar: 9.01g (10.01%), Cholesterol: 6.3mg (2.1%), Sodium: 20.55mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.97mg (2.32%), Protein: 0.94g (1.87%), Manganese: 0.27mg (13.71%), Copper: 0.15mg (7.49%), Fiber: 1.64g (6.55%), Magnesium: 19.77mg (4.94%), Iron: 0.72mg (3.99%), Phosphorus: 34.22mg (3.42%), Selenium: 1.86µg (2.66%), Potassium: 79.66mg (2.28%), Zinc: 0.34mg (2.26%), Vitamin A: 71.58IU (1.43%), Vitamin B6: 0.02mg (1.05%)