



Cocadas



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup confectioners' sugar optional
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.8 cup condensed milk sweetened
- ☐ 3.5 cups coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract

Equipment

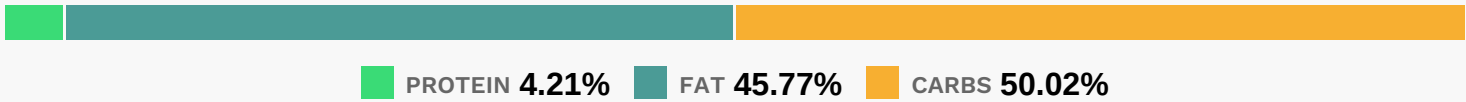
- ☐ baking sheet

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ sieve
- ☐ sifter

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ In a medium mixing bowl, stir together coconut, cornstarch, condensed milk, almond extract, and vanilla extract.
- ☐ Let mixture sit for 3 to 5 minutes.
- ☐ Using 2 tablespoons, drop by heaping rounded spoonfuls onto parchment lined cookie sheet about 1-inch apart. Watching closely, bake for 15 to 20 minutes until lightly golden brown.
- ☐ Remove from oven and cool on wire rack.
- ☐ Using fine meshed sieve or sifter, dust with confectioners' sugar. Store loosely covered until ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.54, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:2.2360869348049%

Nutrients (% of daily need)

Calories: 105.21kcal (5.26%), Fat: 5.49g (8.45%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 12.9g (4.69%), Sugar: 12.12g (13.47%), Cholesterol: 3.25mg (1.08%), Sodium: 46.65mg (2.03%), Alcohol: 0.09g (100%), Alcohol %: 0.44% (100%), Protein: 1.14g (2.27%), Manganese: 0.33mg (16.32%), Selenium: 3.64µg (5.2%), Phosphorus: 38.36mg (3.84%), Calcium: 29.18mg (2.92%), Vitamin B2: 0.04mg (2.52%), Fiber: 0.6g (2.39%), Potassium: 80.13mg (2.29%), Magnesium: 9.1mg (2.28%), Zinc: 0.33mg (2.2%), Copper: 0.04mg (2.16%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.17mg (1.67%), Iron: 0.28mg (1.53%)