



Cocadas Blancas (Colombian-Style Coconut Candy)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cinnamon powder
- ☐ 2.5 cups coconut or fresh shredded store bought
- ☐ 1.5 cups coconut water
- ☐ 0.8 cup sugar
- ☐ 0.3 cup milk whole

Equipment

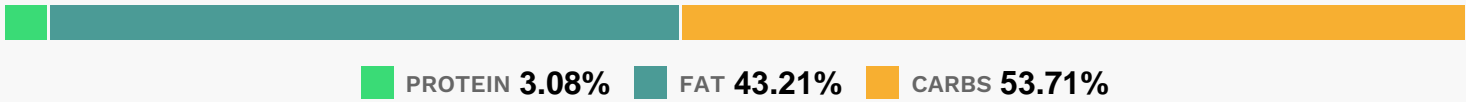
- ☐ baking sheet

- ☐ baking paper
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Place all the ingredients in a pot. Bring to a boil and reduce the heat to low.
- ☐ Let it simmer uncovered for about 30 minutes or until thickened. Stir often with a wooden spoon to prevent the coconut mixture from sticking to the bottom of the pot. sing 2 spoons, drop small amounts of the mixture onto the baking sheets lined with parchment paper, spacing them 2 inches apart. et cool completely. Store them in an airtight container for up to two weeks

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:9.35, Inflammation Score:-1, Nutrition Score:2.4295652393738%

Nutrients (% of daily need)

Calories: 115.92kcal (5.8%), Fat: 5.85g (8.99%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 14.51g (5.28%), Sugar: 14.54g (16.16%), Cholesterol: 0.61mg (0.2%), Sodium: 36.89mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Manganese: 0.3mg (14.81%), Fiber: 1.84g (7.36%), Copper: 0.09mg (4.27%), Potassium: 142.28mg (4.07%), Magnesium: 13.45mg (3.36%), Selenium: 2.16µg (3.08%), Phosphorus: 29.98mg (3%), Iron: 0.5mg (2.78%), Vitamin B2: 0.03mg (1.75%), Calcium: 16.08mg (1.61%), Zinc: 0.24mg (1.57%), Vitamin C: 1.27mg (1.54%), Vitamin B1: 0.02mg (1.52%), Folate: 5.23µg (1.31%), Vitamin B6: 0.02mg (1.09%)