



Coconut-Almond Filling

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



10

CALORIES



330 kcal

SIDE DISH

Ingredients

- 1 teaspoon almond extract
- 0.5 cup firmly brown sugar light packed
- 2 tablespoons cornstarch
- 0.3 cup cup heavy whipping cream sour
- 2.3 cups coconut or sweetened loosely packed flaked
- 0.5 cup butter unsalted
- 1.3 cups whipping cream

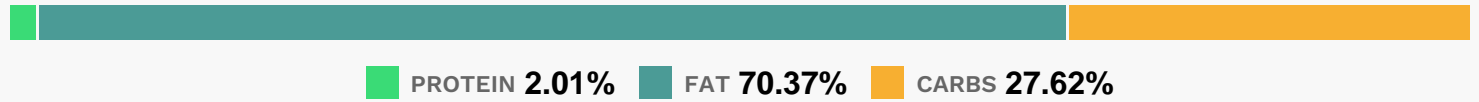
Equipment

- bowl
- sauce pan
- whisk

Directions

- Stir together cornstarch, almond extract, and 2 Tbsp. water in a small bowl.
- Bring whipping cream, brown sugar, and butter to a boil in a saucepan over medium heat.
- Remove from heat, and immediately whisk in cornstarch mixture. Stir in coconut and sour cream. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.5660869906778%

Nutrients (% of daily need)

Calories: 330.17kcal (16.51%), Fat: 26.42g (40.64%), Saturated Fat: 18.3g (114.39%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 21.42g (7.79%), Sugar: 18.83g (20.92%), Cholesterol: 61.41mg (20.47%), Sodium: 68.83mg (2.99%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 1.7g (3.4%), Vitamin A: 756.78IU (15.14%), Manganese: 0.19mg (9.68%), Fiber: 1.91g (7.63%), Selenium: 4.47µg (6.39%), Phosphorus: 44.15mg (4.41%), Vitamin D: 0.65µg (4.31%), Vitamin B2: 0.07mg (4.28%), Calcium: 39.48mg (3.95%), Vitamin E: 0.56mg (3.73%), Potassium: 122.49mg (3.5%), Copper: 0.07mg (3.44%), Magnesium: 13.72mg (3.43%), Iron: 0.41mg (2.28%), Vitamin K: 1.83µg (1.75%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.08µg (1.32%), Vitamin B6: 0.02mg (1.17%)