

Coconut Apricot Balls

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



48

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup coconut flakes flaked
- 2 cups apricot dried
- 1 tablespoon lemon zest grated
- 1 teaspoons orange juice
- 1 tablespoon orange zest grated
- 0.3 cup sugar divided

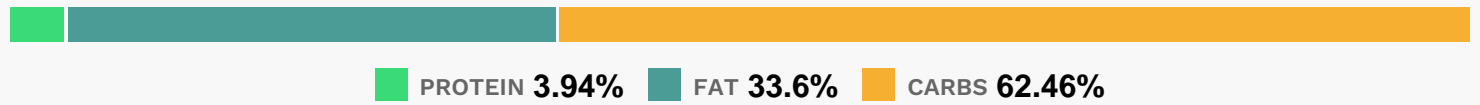
Equipment

- food processor

Directions

- In a food processor, combine the apricots, coconut, lemon peel and orange peel. Cover and process for 1-2 minutes or until blended.
- Sprinkle work surface with 1 tablespoon of sugar. Knead apricot mixture until smooth about 15-20 times.
- Add orange juice if necessary to moisten mixture. Shape into 1-in. balls and roll in remaining sugar. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:0.98739129434461%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 29kcal (1.45%), Fat: 1.17g (1.81%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.2g (1.53%), Sugar: 4.08g (4.53%), Cholesterol: 0mg (0%), Sodium: 1.22mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin A: 196.1IU (3.92%), Manganese: 0.06mg (3.07%), Fiber: 0.71g (2.84%), Potassium: 73.23mg (2.09%), Copper: 0.03mg (1.65%), Vitamin E: 0.24mg (1.62%), Iron: 0.21mg (1.14%)