



Coconut Baked Taro with Macadamia Nuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup coconut syrup
- ☐ 0.5 cup macademia nuts toasted roughly chopped
- ☐ 6 servings salt and pepper as needed
- ☐ 0.5 cup coconut flakes unsweetened toasted

Equipment

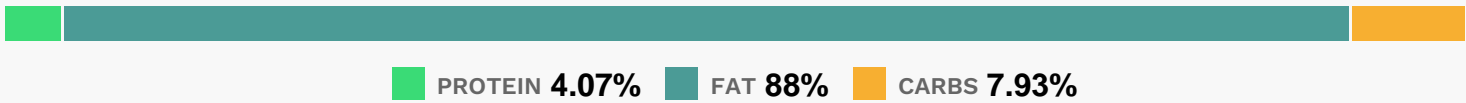
- ☐ bowl
- ☐ oven

- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Wearing gloves, completely peel the taro. Then halve it lengthwise and cut it into 3/4-inch cubes.
- ☐ Add the cubes to a large bowl and cover them with cool water and allow them to soak about 30 minutes to remove some of the starch (optional).Preheat the oven to 375 degrees F.
- ☐ Add the taro to a large pot of salted water, bring to a boil, then lower the heat to a simmer. Parboil the taro until just beginning to soften. About 7 minutes.
- ☐ Drain the taro, returning it to the bowl.While the taro is still warm drizzle the coconut syrup over it and add salt and pepper to taste and mix it well to get the taro completely coated.
- ☐ Pour the taro into a buttered baking dish. Dollop the remaining butter all over the top. Cover the dish tightly with foil.
- ☐ Bake in the preheated oven about 30 minutes.
- ☐ Remove the foil and transfer the taro and any liquid to a large serving platter or bowl. Top with the chopped toasted macadamia nuts and coconut flakes, add additional salt and pepper to taste.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:4.9969565505567%

Nutrients (% of daily need)

Calories: 277.26kcal (13.86%), Fat: 28.32g (43.57%), Saturated Fat: 16.58g (103.65%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.95g (1.05%), Cholesterol: 40.67mg (13.56%), Sodium: 320.82mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Manganese: 0.53mg (26.37%), Copper: 0.24mg (11.95%), Fiber: 2.83g (11.34%), Vitamin A: 474.53IU (9.49%), Magnesium: 35.89mg (8.97%), Phosphorus: 78.86mg (7.89%), Iron: 0.85mg (4.7%), Zinc: 0.69mg (4.59%), Potassium: 138.42mg (3.95%), Vitamin B3: 0.65mg

(3.25%), Vitamin E: 0.49mg (3.24%), Selenium: 2.17µg (3.1%), Vitamin B6: 0.06mg (3.05%), Vitamin B5: 0.24mg (2.42%), Vitamin B2: 0.04mg (2.29%), Vitamin B1: 0.03mg (2.24%), Folate: 8.94µg (2.23%), Calcium: 15.84mg (1.58%), Vitamin K: 1.36µg (1.29%)