



Coconut Bark



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



264 kcal

Ingredients

- ☐ 2 cups coconut or sweetened flaked
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 cups coconut or unsweetened flaked

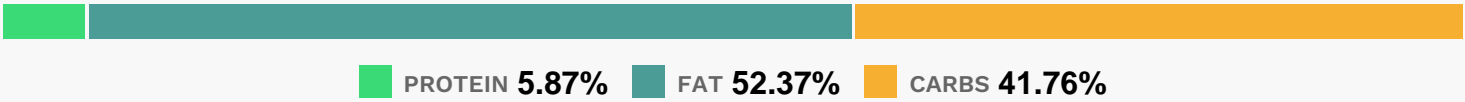
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐
- Preheat oven to 350 degrees F (175 degrees C). Spray a 9-inch baking dish with cooking spray.
- ☐
- Mix sweetened flaked coconut and unsweetened flaked coconut together in a bowl.
- ☐
- Add sweetened condensed milk; stir until coconut is evenly coated.
- ☐
- Pour coconut mixture into the prepared baking dish.
- ☐
- Bake in the preheated oven until edges are golden brown, 7 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:5.9630434947169%

Nutrients (% of daily need)

Calories: 264.27kcal (13.21%), Fat: 15.99g (24.59%), Saturated Fat: 13.66g (85.39%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 24.97g (9.08%), Sugar: 24.25g (26.94%), Cholesterol: 11.25mg (3.75%), Sodium: 87.62mg (3.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Manganese: 0.53mg (26.34%), Fiber: 3.71g (14.85%), Selenium: 9.8µg (14%), Phosphorus: 127.03mg (12.7%), Calcium: 99.17mg (9.92%), Vitamin B2: 0.15mg (9.05%), Copper: 0.16mg (7.98%), Potassium: 250.77mg (7.16%), Magnesium: 28.57mg (7.14%), Zinc: 0.7mg (4.64%), Iron: 0.75mg (4.15%), Vitamin B5: 0.38mg (3.81%), Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.69%), Vitamin B12: 0.15µg (2.43%), Vitamin A: 88.31IU (1.77%), Folate: 5.34µg (1.33%), Vitamin C: 1.07mg (1.3%), Vitamin B3: 0.25mg (1.27%)