



Coconut Bites

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup candied cherries red chopped
- 1 cup coconut or flaked
- 3 cups master cookie mix
- 2 eggs
- 1 tablespoon lemon zest
- 0.8 cup pecans chopped
- 48 servings garnish: sugar

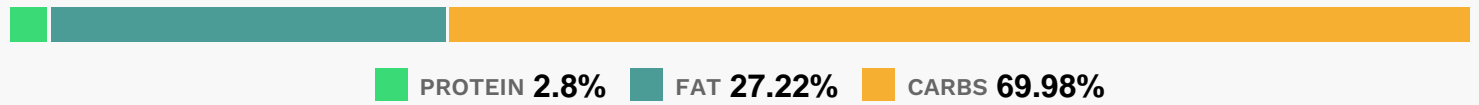
Equipment

- oven
- baking pan
- hand mixer

Directions

- Beat cookie mix, eggs, and lemon zest at medium speed with an electric mixer until combined; stir in coconut, pecans, and cherries.
- Spread mixture in a well-greased 13"x9" baking pan.
- Bake at 350 for 20 to 25 minutes or until center springs back when lightly pressed.
- Sprinkle with sugar while warm, if desired; cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:8.38, Inflammation Score:-1, Nutrition Score:0.97913044399541%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 110.45kcal (5.52%), Fat: 3.4g (5.23%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 19.01g (6.91%), Sugar: 16.54g (18.38%), Cholesterol: 6.82mg (2.27%), Sodium: 11.26mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Manganese: 0.13mg (6.31%), Fiber: 0.67g (2.69%), Copper: 0.04mg (1.84%), Selenium: 1.03µg (1.47%), Phosphorus: 12.01mg (1.2%), Vitamin B1: 0.02mg (1.01%)