



Coconut Chocolate Bites

 Gluten Free

READY IN



30 min.

SERVINGS



32

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 oz bittersweet chocolate 70% finely chopped (preferably cacao)
- ☐ 0.8 cup coconut sweetened flaked
- ☐ 0.3 cup condensed milk sweetened
- ☐ 0.8 cup coconut flakes dried unsweetened

Equipment

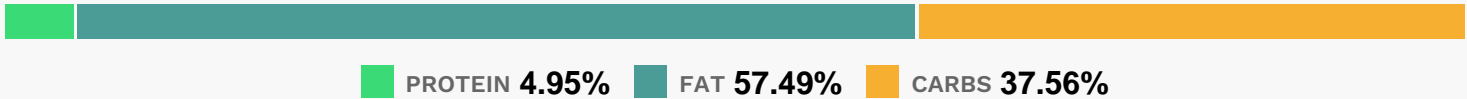
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ knife
- ☐ double boiler
- ☐ baking pan
- ☐ wax paper
- ☐ offset spatula
- ☐ cutting board

Directions

- ☐ Line bottom and 2 opposite sides of an 8-inch square metal baking pan with a sheet of wax paper, leaving a 2-inch overhang on both sides.
- ☐ Mix together flaked and dried coconut and condensed milk with your fingertips until combined well, then firmly press into pan in an even layer with offset spatula. Chill, uncovered, 5 minutes.
- ☐ Melt chocolate in a metal bowl set over a saucepan of barely simmering water or in top of a double boiler, stirring until smooth.
- ☐ Spread chocolate evenly over coconut layer with offset spatula and chill until firm, 5 to 7 minutes.
- ☐ Lift confection onto a cutting board using overhang and halve confection with a sharp knife. Sandwich halves together, coconut sides in, to form an 8- by 4-inch rectangle, then discard wax paper.
- ☐ Cut rectangle into 32 (1-inch) squares. Arrange paper cups (if using) on a platter and fill with candies. Chill, covered, until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:1.2013043401682%

Nutrients (% of daily need)

Calories: 50.42kcal (2.52%), Fat: 3.31g (5.09%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.75g (4.17%), Cholesterol: 1.27mg (0.42%), Sodium: 10.77mg (0.47%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 0.12mg (5.75%), Fiber: 0.77g (3.08%),
Copper: 0.06mg (3.05%), Magnesium: 9.1mg (2.27%), Phosphorus: 22.22mg (2.22%), Selenium: 1.42µg (2.03%), Iron:
0.3mg (1.66%), Potassium: 47.42mg (1.35%), Calcium: 11.71mg (1.17%), Zinc: 0.17mg (1.11%)