



Coconut Clusters



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings nutmeg freshly grated for sprinkling
- ☐ 24 servings salt
- ☐ 1 cup sugar
- ☐ 7 ounce coconut or shredded sweetened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 cup water

Equipment

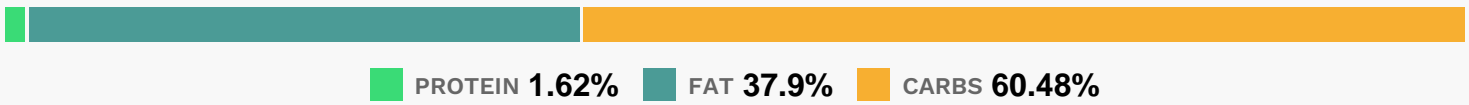
- ☐ baking sheet

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Lightly oil a large baking sheet. In a medium saucepan, combine the sugar and water and boil over high heat, stirring occasionally, until the sugar dissolves.
- ☐ Add the coconut and a pinch of salt and cook over moderate heat, stirring, until the syrup has evaporated and the coconut has a light, somewhat crystallized coating, about 20 minutes. Stir in the vanilla.
- ☐ Working quickly, scrape the coconut candy onto the prepared baking sheet and spread it into a 10-by-9-inch rectangle; let cool to room temperature.
- ☐ Sprinkle a little nutmeg over the top. Using a large knife, cut the rectangle into 24 pieces and serve.
- ☐ Make Ahead: The clusters can be made up to 6 hours ahead.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:1.4052174037889%

Nutrients (% of daily need)

Calories: 84.25kcal (4.21%), Fat: 3.69g (5.67%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.45g (4.53%), Sugar: 12.47g (13.85%), Cholesterol: 0mg (0%), Sodium: 216.36mg (9.41%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.35g (0.71%), Manganese: 0.26mg (13.18%), Fiber: 0.79g (3.15%), Copper: 0.05mg (2.44%), Selenium: 1.46µg (2.09%), Magnesium: 7.91mg (1.98%), Phosphorus: 13.11mg (1.31%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.03mg (1.28%), Iron: 0.23mg (1.25%), Potassium: 35.2mg (1.01%)