



Coconut Crisps

READY IN



15 min.

SERVINGS



16

CALORIES



24 kcal

DESSERT

Ingredients

- ☐ 2 sheets athens phyllo shells frozen with 2 overlapping pieces of plastic wrap and then a damp kitchen towel thawed (17- by)
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 tablespoon vegetable oil

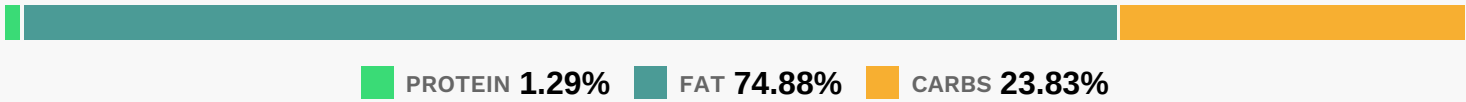
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Stir together butter and oil. Arrange 1 phyllo sheet on a work surface with a long side of phyllo nearest you, keeping remaining sheet covered.
- ☐ Brush with some butter mixture and sprinkle with 1 teaspoon sugar. Top with remaining sheet of phyllo, then brush with remaining butter mixture and sprinkle with remaining teaspoon sugar.
- ☐ Cut phyllo in half crosswise and stack.
- ☐ Cut stack into quarters and cut each quarter diagonally twice (in an X) to form 4 triangles (for a total of 16 triangles).
- ☐ Arrange triangles, spaced evenly, on 2 ungreased baking sheets and sprinkle with coconut.
- ☐ Bake in middle and lower third of oven, switching position of sheets halfway through baking, until golden and crisp, 5 to 6 minutes total.
- ☐ Each (2-crisp) serving contains about 68 calories and 4 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.26260869545133%

Nutrients (% of daily need)

Calories: 24.22kcal (1.21%), Fat: 2.07g (3.19%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.15g (1.28%), Cholesterol: 1.88mg (0.63%), Sodium: 5.41mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin K: 1.62µg (1.55%)