

Coconut Curd Junket

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 0.3 ounce agar-agar
- ☐ 1 teaspoon almond extract
- ☐ 1 cup full fat coconut cream
- ☐ 0.3 cup milk
- ☐ 4 tablespoons caster sugar
- ☐ 2.5 cups water divided

Equipment

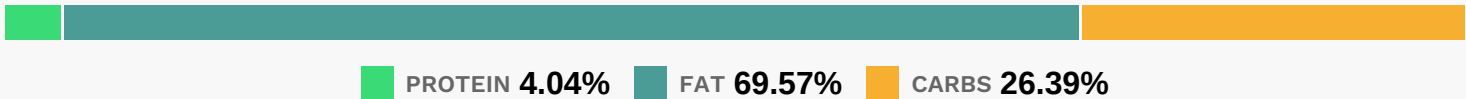
- ☐ bowl

☐ frying pan

Directions

- ☐ In a small pan, dissolve the agar-agar in 1 1/4 cups water over medium heat.
- ☐ In another pan, combine the sugar, remaining 1 1/4 cups water, milk, coconut cream, and almond extract over medium heat until the sugar dissolves.
- ☐ Pour the sugar mixture into a bowl then add the agar-agar mixture, making sure to blend well. Set in the fridge for 2 to 3 hours, or until set.
- ☐ Cut into cubes and place in serving bowls, topping with fruit if desired.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:8.65, Inflammation Score:-1, Nutrition Score:5.6165216759495%

Nutrients (% of daily need)

Calories: 261.65kcal (13.08%), Fat: 21.34g (32.83%), Saturated Fat: 18.74g (117.1%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 16.76g (6.09%), Sugar: 12.89g (14.32%), Cholesterol: 1.83mg (0.61%), Sodium: 17.61mg (0.77%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 2.79g (5.58%), Manganese: 0.86mg (43.1%), Copper: 0.26mg (13.15%), Iron: 1.75mg (9.75%), Phosphorus: 89.58mg (8.96%), Magnesium: 33.87mg (8.47%), Potassium: 239.53mg (6.84%), Folate: 24.08µg (6.02%), Fiber: 1.46g (5.83%), Zinc: 0.76mg (5.06%), Calcium: 41.1mg (4.11%), Vitamin B3: 0.56mg (2.79%), Vitamin B5: 0.27mg (2.67%), Vitamin B6: 0.04mg (2.16%), Vitamin C: 1.68mg (2.04%), Vitamin B1: 0.03mg (1.79%), Vitamin B2: 0.03mg (1.66%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%)