



Coconut Dream Dessert

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



753 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 2 cups coconut milk
- ☐ 0.5 cup malibu coconut rum
- ☐ 2 teaspoons gelatin powder
- ☐ 4 cups coconut or unsweetened grated
- ☐ 2 cups whipping cream fresh

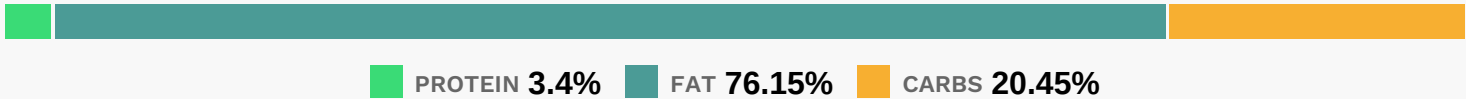
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Mix the rum and gelatin together. Set aside. Whip the cream until fluffy, while adding the coconut milk and the rum/gelatin mixture. Refrigerate for 2 hours in individual serving bowls or coconuts that are cut in half.
- ☐ Melt the brown sugar and butter in a saucepan over medium heat.
- ☐ Add the grated coconut and stir together until blended and caramelized.
- ☐ Sprinkle on top of the dessert.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:13.434782510218%

Nutrients (% of daily need)

Calories: 752.82kcal (37.64%), Fat: 66.71g (102.63%), Saturated Fat: 52.34g (327.1%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 33.38g (12.14%), Sugar: 31.54g (35.04%), Cholesterol: 82.49mg (27.5%), Sodium: 94.41mg (4.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.41%), Manganese: 1.62mg (80.99%), Fiber: 6.93g (27.71%), Copper: 0.51mg (25.27%), Vitamin A: 1051.92IU (21.04%), Iron: 3.54mg (19.68%), Phosphorus: 179.49mg (17.95%), Magnesium: 71.24mg (17.81%), Selenium: 10.44µg (14.92%), Potassium: 450.04mg (12.86%), Vitamin B2: 0.16mg (9.36%), Zinc: 1.33mg (8.86%), Vitamin B6: 0.18mg (8.79%), Calcium: 85.57mg (8.56%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.62mg (6.24%), Vitamin E: 0.9mg (5.99%), Folate: 14.9µg (3.73%), Vitamin B3: 0.69mg (3.44%), Vitamin B1: 0.05mg (3.36%), Vitamin K: 2.53µg (2.41%), Vitamin C: 1.56mg (1.89%), Vitamin B12: 0.11µg (1.79%)