

SIDE DISH

Coconut Filling

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.44	450 kcal

Coconut Filling is a side dish that serves 6. One portion of this dish contains roughly 4g of protein, 37g of fat, and a total of 637 calories. For 44 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 cups flaked coconut
- ☐ 2 tablespoons lemon juice
- ☐ 2 cups sugar
- ☐ 2 tablespoons cold water
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon lemon rind
- ☐ ½ cup water

Method

- 1

Combine sugar, water, and coconut; cook over medium heat, until mixture boils. Dissolve cornstarch in cold water: stir into coconut mixture. Cook over low heat until mixture thickens.
- 2

Remove from heat.
- 3

Add lemon rind and juice; stir well. Allow mixture to cool at room temperature.

Nutrition per serving

450

KCAL

2 g

PROTEIN

19 g

FAT

75 g

CARBS

Saturated Fat	16.2 g · 101% of daily needs
Fibre	4.8 g · 19% of daily needs
Sugar	68.8 g · 76% of daily needs
Sodium	12.6 mg · 1% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	3.7 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/coconut-filling-148628