



Coconut Ginger Candy Drops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cubes coconut fresh white peeled (part only)
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 2 cups brown sugar packed ()
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 cup water

Equipment

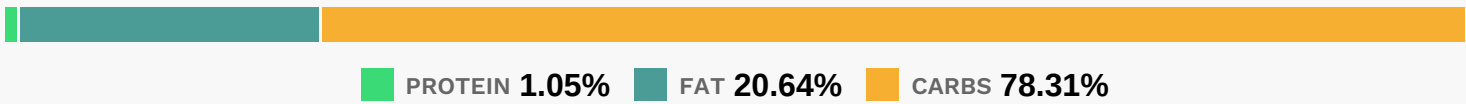
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Spray large rimmed baking sheet with nonstick spray.
- ☐ Combine coconut and all remaining ingredients in heavy medium saucepan. Stir mixture over medium heat until sugar dissolves and mixture comes to boil. Attach candy thermometer to side of pan. Boil until mixture thickens and temperature registers 295°F, stirring occasionally, about 15 minutes.
- ☐ Remove pan from heat. Working quickly, drop about 2 tablespoons mixture for each coconut candy onto prepared baking sheet, spacing apart.
- ☐ Let stand until cool and firm. (Candy drops can be prepared 3 days ahead. Store airtight in single layer at room temperature.)

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.3943478159768%

Nutrients (% of daily need)

Calories: 140.76kcal (7.04%), Fat: 3.36g (5.17%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.77g (10.1%), Sugar: 27.31g (30.35%), Cholesterol: 0mg (0%), Sodium: 10.05mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Manganese: 0.17mg (8.57%), Fiber: 0.93g (3.72%), Copper: 0.06mg (2.97%), Calcium: 24.89mg (2.49%), Iron: 0.45mg (2.49%), Potassium: 76.46mg (2.18%), Selenium: 1.35µg (1.93%), Magnesium: 6.17mg (1.54%), Phosphorus: 12.77mg (1.28%)