



Coconut-Ginger Sorbet-Wiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



132 kcal

Ingredients

- ☐ 0.3 cup coconut chips toasted
- ☐ 8 ginger cookies thin (such as Anna's)
- ☐ 4 ounces coconut sorbet

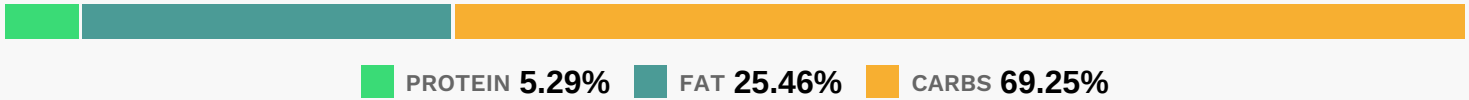
Equipment

- ☐ baking sheet
- ☐ ice cream scoop

Directions

- ☐
- Place toasted coconut on a plate. Arrange 4 cookies top sides down on a work surface, and, using a 1-ounce ice cream scoop, top each cookie with 1 scoop sorbet. Top sorbet with remaining cookies, and press down gently until sorbet covers cookie.
- ☐
- Roll sides with toasted coconut, pressing gently to adhere.
- ☐
- Place cookies on a baking sheet, and freeze about 10 minutes or until firm; serve.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:2.4734782852718%

Nutrients (% of daily need)

Calories: 131.84kcal (6.59%), Fat: 3.72g (5.73%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 21.28g (7.74%), Sugar: 8.17g (9.08%), Cholesterol: 0mg (0%), Sodium: 169.15mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Manganese: 0.25mg (12.56%), Iron: 1.09mg (6.06%), Fiber: 1.51g (6.05%), Vitamin B3: 0.79mg (3.92%), Folate: 15.43µg (3.86%), Potassium: 112.02mg (3.2%), Vitamin B2: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.6%), Magnesium: 9.52mg (2.38%), Copper: 0.05mg (2.37%), Phosphorus: 23.01mg (2.3%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.13mg (1.33%), Calcium: 12.11mg (1.21%), Selenium: 0.79µg (1.13%), Vitamin C: 0.93mg (1.13%)