



Coconut Haystacks

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz graham crackers crushed finely
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 1.5 cups coconut or sweetened divided flaked

Equipment

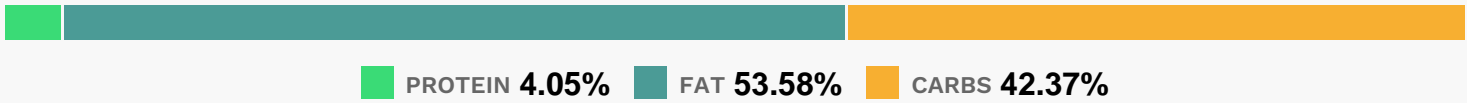
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Line a baking sheet with waxed paper. Melt chocolate (see Melting Chocolate: Be Gentle,? below). With a heatproof spatula or wooden spoon, stir in graham crackers and 1 cup coconut.
- ☐ Mound heaping tablespoon of mixture onto prepared baking sheet.
- ☐ Sprinkle remaining coconut equally over tops of haystacks. Chill until haystacks are firm, about 1 1/4 hours. Store in an airtight container at room temperature for up to 1 day or in the refrigerator for up to 2 weeks.
- ☐ Melting chocolate: Be gentle. Fill a saucepan with 2 to 3 in. of water. Put finely chopped chocolate in a heatproof bowl that will fit over pan (the bottom of the bowl should not touch the water); set bowl aside. Bring water to a boil, turn off heat, then set bowl over pan. Use a heatproof spatula or wooden spoon to stir the chocolate frequently and encourage even melting. Once the chocolate is melted, stir well and use immediately.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:2.4139130381138%

Nutrients (% of daily need)

Calories: 106.75kcal (5.34%), Fat: 6.41g (9.87%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 9.77g (3.55%), Sugar: 7.16g (7.96%), Cholesterol: 0.68mg (0.23%), Sodium: 37.99mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.09g (2.18%), Manganese: 0.21mg (10.57%), Copper: 0.16mg (8.06%), Fiber: 1.63g (6.54%), Magnesium: 24.88mg (6.22%), Iron: 0.93mg (5.17%), Phosphorus: 41.59mg (4.16%), Selenium: 1.98µg (2.83%), Zinc: 0.4mg (2.67%), Potassium: 92.33mg (2.64%), Vitamin B3: 0.25mg (1.23%)