



Coconut Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

Ingredients

- 1.3 cups coconut or flaked
- 2 drops food coloring red
- 1 teaspoon vanilla extract
- 0.7 cup water
- 2 cups sugar white

Equipment

- frying pan
- sauce pan

- knife
- spatula
- candy thermometer

Directions

- Line a 7 x 7 inch pan with parchment or waxed paper. In a medium, heavy-bottomed saucepan, heat sugar and water gently, without boiling, until sugar has dissolved. Then, bring to a boil and cook until it reaches 240 degrees F/120 degrees C on a candy thermometer, or a little syrup dropped in a glass of cold water forms a soft ball.
- Remove from heat and immediately stir in vanilla and coconut. Continue stirring until mixture begins to thicken, 5 to 10 minutes.
- Pour half of the mixture into the prepared pan and level the surface with a knife or spatula. Tint the other half of the mixture by stirring in the food coloring.
- Pour the pink mixture on top of other layer, and level the surface. Press all down firmly with the back of a spoon and allow to harden. When firm, turn out of the pan, remove the paper and cut into squares with a sharp knife.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:46.54, Inflammation Score:-1, Nutrition Score:3.4395651695845%

Nutrients (% of daily need)

Calories: 383.25kcal (19.16%), Fat: 12.4g (19.08%), Saturated Fat: 10.81g (67.55%), Carbohydrates: 70.95g (23.65%), Net Carbohydrates: 67.87g (24.68%), Sugar: 68.01g (75.56%), Cholesterol: 0mg (0%), Sodium: 9.03mg (0.39%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Protein: 1.3g (2.6%), Manganese: 0.52mg (26.14%), Fiber: 3.08g (12.32%), Copper: 0.16mg (7.99%), Selenium: 3.89µg (5.56%), Magnesium: 17.34mg (4.34%), Phosphorus: 38.95mg (3.9%), Iron: 0.66mg (3.67%), Potassium: 104.89mg (3%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.39mg (2.6%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.15mg (1.51%)