



Coconut ice squares



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g condensed milk sweetened
- ☐ 250 g powdered sugar for dusting sifted
- ☐ 200 g coconut or
- ☐ 30 servings purple gel food coloring

Equipment

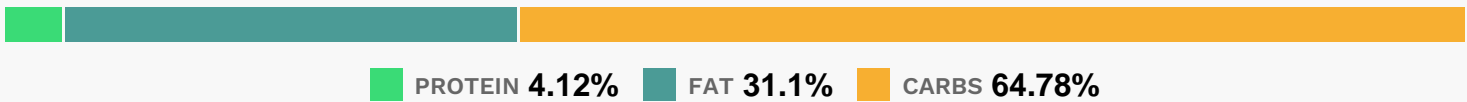
- ☐ bowl
- ☐ knife
- ☐ wooden spoon

☐ rolling pin

Directions

- ☐ Using a wooden spoon, mix together the condensed milk and icing sugar in a large bowl. It will get very stiff. Work the coconut into the mix until its well combined use your hands, if you like.
- ☐ Split the mix into two and knead a very small amount of food colouring into one half. Dust a board with icing sugar, then shape each half into a smooth rectangle and place one on top of the other.
- ☐ Roll with a rolling pin, re-shaping with your hands every couple of rolls, until you have a rectangle of two-tone coconut ice about 3cm thick.
- ☐ Transfer to a plate or board and leave uncovered for at least 3 hrs or ideally overnight to set.
- ☐ Cut into squares with a sharp knife and pack into bags or boxes. These will keep for up to a month at least, if stored in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:1.2560869570336%

Nutrients (% of daily need)

Calories: 82.77kcal (4.14%), Fat: 2.96g (4.55%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.26g (4.82%), Sugar: 13.1g (14.55%), Cholesterol: 2.83mg (0.94%), Sodium: 12.08mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Manganese: 0.1mg (5.04%), Phosphorus: 28.62mg (2.86%), Selenium: 1.96µg (2.8%), Calcium: 24.68mg (2.47%), Fiber: 0.6g (2.4%), Vitamin B2: 0.04mg (2.21%), Potassium: 54.82mg (1.57%), Copper: 0.03mg (1.54%), Magnesium: 4.3mg (1.08%), Iron: 0.18mg (1.02%), Zinc: 0.15mg (1.02%)