



Coconut Joys



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



42

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 cups coconut or flaked
- ☐ 2 cups powdered sugar sifted
- ☐ 0.3 cup semisweet chocolate morsels

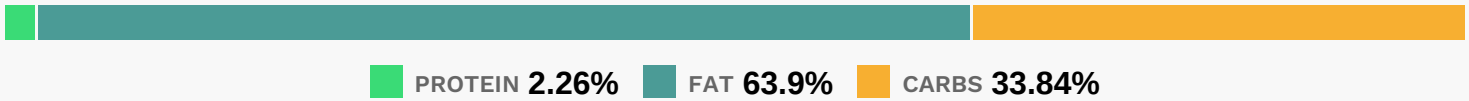
Equipment

- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ Melt butter in a saucepan over low heat; remove from heat. Stir in sugar and coconut; shape into 3/4-inch balls. Chill until firm.
- ☐ Place chocolate morsels in a small heavy-duty zip-top plastic bag; seal. Submerge in hot water until chocolate melts. Snip a tiny hole in 1 corner of bag, and drizzle chocolate over coconut balls. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.416086960098%

Nutrients (% of daily need)

Calories: 90kcal (4.5%), Fat: 6.64g (10.22%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6.56g (7.29%), Cholesterol: 0.09mg (0.03%), Sodium: 27.99mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Manganese: 0.19mg (9.29%), Fiber: 1.1g (4.42%), Copper: 0.07mg (3.33%), Magnesium: 8.06mg (2.01%), Vitamin A: 97.38IU (1.95%), Selenium: 1.28µg (1.82%), Phosphorus: 16.84mg (1.68%), Iron: 0.3mg (1.64%), Potassium: 42.32mg (1.21%), Zinc: 0.16mg (1.07%)