



Coconut-Lemon Minis

READY IN



45 min.

SERVINGS



30

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups cake flour
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon coconut extract
- ☐ 1 cup coconut flakes toasted for garnish
- ☐ 2 batches lemon-cream cheese frosting
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.5 cup flour all-purpose

- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 1 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.8 cup coconut or sweetened flaked
- ☐ 2 tablespoons butter unsalted melted

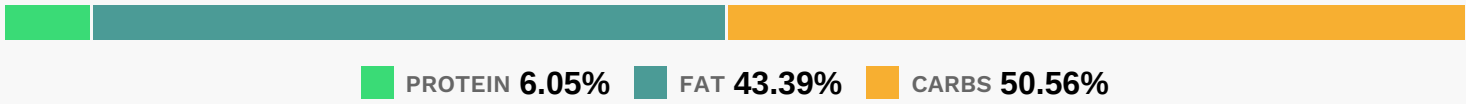
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 35
- ☐ Place 38 miniature muffin cup liners in miniature muffin tin.
- ☐ Place flours in a bowl. Sift sugar, baking soda, and salt into bowl. Stir in coconut and lemon zest.
- ☐ Whisk butter and oil.
- ☐ Add buttermilk and next 3 ingredients (through coconut extract), whisking until well-combined.
- ☐ Add dry ingredients to wet.
- ☐ Divide batter evenly among liners, and bake in middle of oven about 15 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes; transfer to wire rack to cool.
- ☐ Frost cakes, and garnish with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:8.25, Inflammation Score:-1, Nutrition Score:1.9495652188425%

Nutrients (% of daily need)

Calories: 110.22kcal (5.51%), Fat: 5.43g (8.36%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.38g (4.87%), Sugar: 8.11g (9.01%), Cholesterol: 8.53mg (2.84%), Sodium: 70.33mg (3.06%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.7g (3.41%), Manganese: 0.15mg (7.74%), Selenium: 4.58µg (6.55%), Fiber: 0.86g (3.44%), Vitamin E: 0.4mg (2.7%), Phosphorus: 26.09mg (2.61%), Vitamin B2: 0.04mg (2.53%), Copper: 0.04mg (2.22%), Folate: 7.11µg (1.78%), Vitamin B1: 0.03mg (1.74%), Iron: 0.31mg (1.71%), Magnesium: 6.63mg (1.66%), Vitamin K: 1.44µg (1.37%), Potassium: 47.22mg (1.35%), Calcium: 12.75mg (1.28%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.08%), Vitamin B3: 0.21mg (1.07%)