

Coconut Mountains

 Vegetarian  Gluten Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups coconut or shredded
- ☐ 2 eggs
- ☐ 0.7 cup sugar white

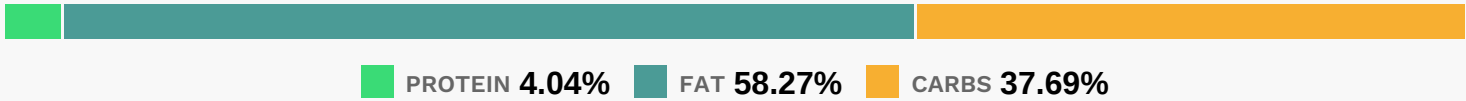
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk the egg and sugar together until fluffy. Stir in coconut and butter or margarine. Drop dough by spoonfuls onto greased baking trays, about one inch apart.
- ☐ Bake at 350 degrees F(175 degrees C) for about 10 minutes. Cool.

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:0.86913043260574%

Nutrients (% of daily need)

Calories: 53.75kcal (2.69%), Fat: 3.61g (5.56%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.78g (5.31%), Cholesterol: 14.98mg (4.99%), Sodium: 17.44mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Manganese: 0.08mg (4.05%), Selenium: 1.48µg (2.12%), Fiber: 0.48g (1.92%), Copper: 0.03mg (1.28%), Vitamin A: 63.11IU (1.26%), Phosphorus: 12.29mg (1.23%), Iron: 0.18mg (1.02%)