



Coconut-Pecan Filling and Frosting

 Gluten Free

READY IN



20 min.

SERVINGS



36

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup butter
- 4 egg yolks
- 12 oz evaporated milk canned
- 7 oz baker's angel flake coconut (2-)
- 1.5 cups planters pecans chopped
- 1.5 cups sugar
- 1.5 tsp vanilla

Equipment

sauce pan

whisk

Directions

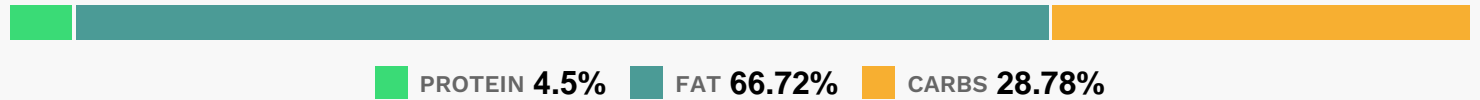
Beat egg yolks, milk and vanilla in large saucepan with whisk until blended.

Add sugar and butter; cook on medium heat 12 min. or until thickened and golden brown, stirring constantly.

Remove from heat.

Add coconut and nuts; mix well. Cool to desired spreading consistency.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:3.0256521377874%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 150.67kcal (7.53%), Fat: 11.61g (17.85%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 9.97g (3.62%), Sugar: 9.87g (10.96%), Cholesterol: 24.34mg (8.11%), Sodium: 57.71mg (2.51%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.76g (3.52%), Manganese: 0.34mg (16.97%), Fiber: 1.29g (5.18%), Phosphorus: 50.86mg (5.09%), Copper: 0.1mg (4.86%), Vitamin A: 222.9IU (4.46%), Selenium: 2.56µg (3.66%), Calcium: 33.09mg (3.31%), Vitamin B2: 0.05mg (3.22%), Magnesium: 12.48mg (3.12%), Zinc: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.6%), Potassium: 80.07mg (2.29%), Vitamin B5: 0.2mg (2.04%), Iron: 0.36mg (2.02%), Vitamin E: 0.3mg (1.97%), Vitamin B6: 0.04mg (1.87%), Folate: 5.13µg (1.28%)