



Coconut Power Snack Poppers



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cacao nibs
- ☐ 0.5 cup coconut or flaked for shaping
- ☐ 0.5 cup dairy-free granola with nuts
- ☐ 3 tablespoons so delicious dairy free original culinary coconut milk
- ☐ 1 cup dates pitted
- ☐ 0.3 cup apricots dried

Equipment

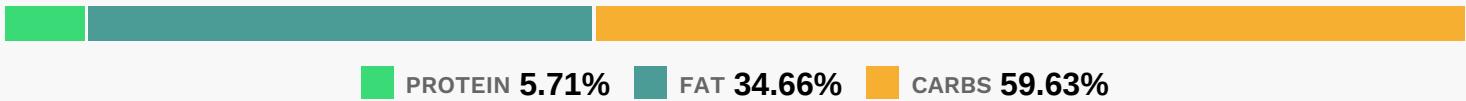
- ☐ food processor

☐ ice cream scoop

Directions

- ☐ Place all ingredients except coconut flakes into a food processor. Pulse to chop
- ☐ Then puree to slightly smooth, leaving some chunky texture.Using a 1 tablespoon ice cream scoop or spoon, scrape out of processor and roll into coconut flakes.Shape with your hands into 1–2–inch round balls, pressing the coconut into the ball.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:5.89, Inflammation Score:-2, Nutrition Score:3.1234782726868%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 92.76kcal (4.64%), Fat: 3.85g (5.92%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 12.52g (4.55%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 10.34mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Fiber: 2.36g (9.44%), Manganese: 0.16mg (8.14%), Potassium: 180.19mg (5.15%), Copper: 0.1mg (4.77%), Vitamin B3: 0.83mg (4.17%), Vitamin B6: 0.08mg (3.98%), Vitamin E: 0.58mg (3.85%), Vitamin A: 182.66IU (3.65%), Magnesium: 13.02mg (3.26%), Calcium: 31.45mg (3.14%), Vitamin B12: 0.18µg (2.93%), Vitamin B2: 0.05mg (2.87%), Iron: 0.46mg (2.54%), Selenium: 1.67µg (2.39%), Folate: 8.72µg (2.18%), Phosphorus: 20.18mg (2.02%), Vitamin C: 1.33mg (1.61%), Vitamin B1: 0.02mg (1.39%), Vitamin B5: 0.14mg (1.37%), Vitamin D: 0.2µg (1.3%), Zinc: 0.18mg (1.2%)