

Coconut Rosette

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

72

CALORIES

calories

101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.3 cups butter
- ☐ 2 cups coconut or shredded
- ☐ 4.3 cups cornstarch
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

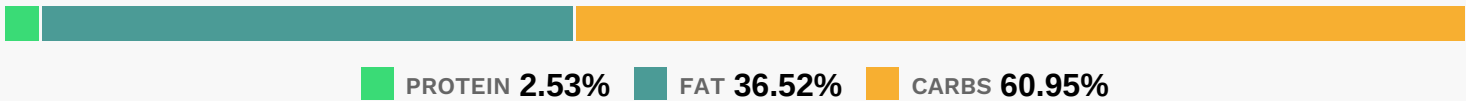
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line baking sheets with parchment paper.
- ☐ Cream the butter with the sugar until light and fluffy. Beat in the eggs, vanilla and almond extracts.
- ☐ Add the cornstarch, flour and finely grated coconut.
- ☐ Mix until blended and smooth.
- ☐ Make small balls about 1inch in diameter, then roll on floured board into a 7 inch long strip. Twist into a figure eight.
- ☐ Place cookies on the prepared baking sheets.
- ☐ Bake at 350 degrees F (175 degrees C) for 20 minutes.
- ☐ Remove from cookie sheets and let cool. May be drizzled with melted chocolate, if desired.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:5.81, Inflammation Score:-1, Nutrition Score:1.0247826032017%

Nutrients (% of daily need)

Calories: 101.01kcal (5.05%), Fat: 4.11g (6.33%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 15.08g (5.48%), Sugar: 5.71g (6.35%), Cholesterol: 13.02mg (4.34%), Sodium: 28.34mg (1.23%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 0.64g (1.28%), Manganese: 0.06mg (3.09%), Selenium: 2.06µg (2.94%), Vitamin A: 105.08IU (2.1%), Vitamin B1: 0.03mg (1.96%), Folate: 7.62µg (1.91%), Iron: 0.28mg (1.53%), Vitamin B2: 0.03mg (1.51%), Fiber: 0.36g (1.45%), Vitamin B3: 0.22mg (1.1%), Phosphorus: 10.62mg (1.06%)