



Coconut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



5

CALORIES



350 kcal

SAUCE

Ingredients

- 1 cup brown sugar
- 14 ounce coconut milk canned

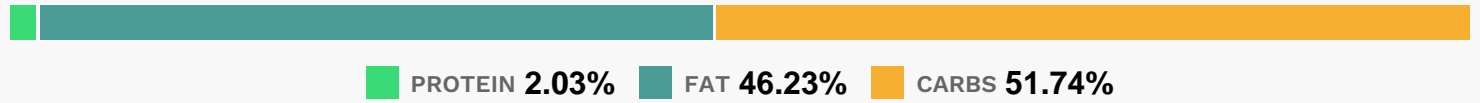
Equipment

- pot

Directions

- Bring the coconut milk and brown sugar to a boil together in a heavy-bottomed pot. Reduce heat to medium low; cook and stir while boiling until the mixture is thick and the volume has reduced by about half, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.2804347127676%

Nutrients (% of daily need)

Calories: 349.77kcal (17.49%), Fat: 18.89g (29.06%), Saturated Fat: 16.75g (104.68%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.82g (16.66%), Sugar: 45.33g (50.37%), Cholesterol: 0mg (0%), Sodium: 24.23mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Manganese: 0.76mg (37.76%), Copper: 0.23mg (11.59%), Iron: 1.61mg (8.97%), Magnesium: 33.33mg (8.33%), Phosphorus: 81.14mg (8.11%), Selenium: 5.45µg (7.78%), Potassium: 267.29mg (7.64%), Fiber: 1.75g (6.99%), Calcium: 49.22mg (4.92%), Zinc: 0.55mg (3.63%), Folate: 13.14µg (3.29%), Vitamin B3: 0.65mg (3.26%), Vitamin C: 2.22mg (2.69%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.2mg (2.03%), Vitamin B1: 0.02mg (1.38%)