



Coconut Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar
- 14 ounce coconut milk canned
- 1 cup coconut or flaked

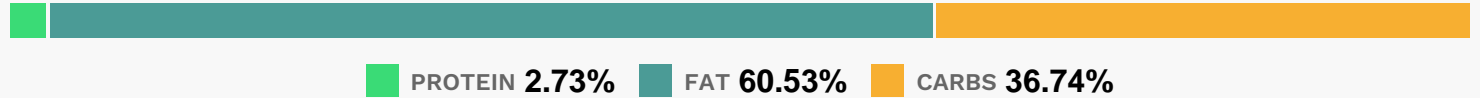
Equipment

- sauce pan
- blender

Directions

- In a heavy saucepan, combine coconut cream, flaked coconut and brown sugar. Bring to a boil, reduce to a simmer, and cook for 20 minutes, stirring occasionally.
- Transfer to a blender, and puree until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.0804347428291%

Nutrients (% of daily need)

Calories: 262.61kcal (13.13%), Fat: 18.66g (28.71%), Saturated Fat: 16.55g (103.42%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 22.67g (8.24%), Sugar: 22.44g (24.94%), Cholesterol: 0mg (0%), Sodium: 17.15mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Manganese: 0.76mg (37.96%), Copper: 0.23mg (11.31%), Fiber: 2.82g (11.29%), Selenium: 5.29µg (7.56%), Magnesium: 29.78mg (7.44%), Iron: 1.31mg (7.29%), Phosphorus: 72.32mg (7.23%), Potassium: 215.6mg (6.16%), Zinc: 0.55mg (3.68%), Vitamin B6: 0.06mg (2.84%), Calcium: 27.82mg (2.78%), Vitamin B3: 0.46mg (2.32%), Folate: 9.1µg (2.28%), Vitamin B5: 0.2mg (2.03%), Vitamin C: 1.55mg (1.88%), Vitamin B1: 0.02mg (1.28%)