



Coconut Tuiles

 Vegetarian

READY IN



39 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter unsalted softened () (see how to soften butter quickly)
- ☐ 0.5 cup sugar
- ☐ 2 large egg whites lightly beaten
- ☐ 3 Tbsp flour all-purpose
- ☐ 2 cups coconut or shredded sweetened divided toasted

Equipment

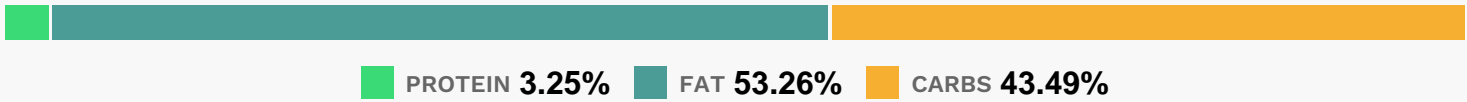
- ☐ baking sheet
- ☐ oven

- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Preheat oven to 400°F.
- ☐ Beat butter, sugar, then beat in eggs: Using an electric mixer, beat the butter.
- ☐ Add the sugar and beat until light and fluffy.
- ☐ Add the egg whites a little at a time, beating slowly after each addition. Beat for 5 seconds or until the mixture is smooth.
- ☐ Sprinkle flour over the mixture and fold it in gently with 1 1/2 cups of the coconut.
- ☐ Spoon onto baking sheets, sprinkle with coconut: Spoon rounded teaspoons of the mixture 3 inches apart on to baking sheets that have been greased or using Silpat.
- ☐ With the remaining 1/2 cup coconut, sprinkle a little over the center of each round.
- ☐ Bake the rounds at 400°F on the middle rack of the oven for 6 to 9 minutes, or until the edges are lightly browned.
- ☐ Drape cooling cookies over rolling pins:
- ☐ Let the cookies stay on the baking sheets for half a minute, or until they are just firm enough to hold their shape. Then drape them over the side of a rolling pin or bottle.
- ☐ (If the cookies have become too firm to drape, put them in the warm oven for a few minutes to soften.)
- ☐ Let the cookies cool completely.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:1.2034782616665%

Nutrients (% of daily need)

Calories: 75.41kcal (3.77%), Fat: 4.61g (7.09%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 8.1g (2.95%), Sugar: 7.42g (8.24%), Cholesterol: 5.08mg (1.69%), Sodium: 24.54mg (1.07%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Manganese: 0.19mg (9.63%), Selenium: 2.17µg (3.1%),
Fiber: 0.36g (1.45%), Copper: 0.03mg (1.31%), Vitamin A: 59.09IU (1.18%), Vitamin B2: 0.02mg (1.16%), Magnesium:
4.31mg (1.08%), Iron: 0.19mg (1.07%), Vitamin B6: 0.02mg (1.05%)