



Cooked Cream Frosting



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3.5 ounce coconut flakes flaked canned
- ☐ 3 egg yolk beaten
- ☐ 1 cup half and half
- ☐ 1 cup pecans finely chopped
- ☐ 1 cup sugar

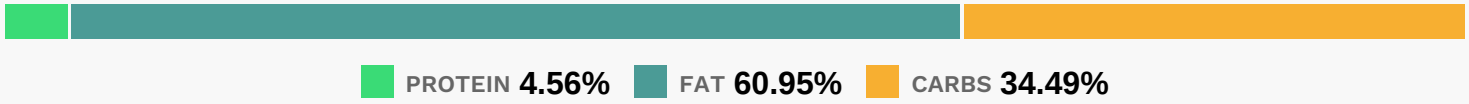
Equipment

- ☐ sauce pan

Directions

- ☐ Combine half – and – half, sugar, and egg yolks in a medium saucepan; cook over medium heat until thickened.
- ☐ Add butter; stir well. Stir in pecans and coconut.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:6.127826128317%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg

Nutrients (% of daily need)

Calories: 276.96kcal (13.85%), Fat: 19.66g (30.24%), Saturated Fat: 8.8g (55.01%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 22.37g (8.13%), Sugar: 22.15g (24.61%), Cholesterol: 66.79mg (22.26%), Sodium: 34.43mg (1.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.77mg (38.34%), Copper: 0.22mg (10.88%), Fiber: 2.66g (10.65%), Phosphorus: 95mg (9.5%), Selenium: 6.17µg (8.81%), Vitamin B1: 0.09mg (6.32%), Magnesium: 24.85mg (6.21%), Vitamin B2: 0.1mg (6.11%), Zinc: 0.91mg (6.09%), Vitamin A: 219.72IU (4.39%), Calcium: 43.69mg (4.37%), Iron: 0.77mg (4.3%), Vitamin B6: 0.08mg (4.19%), Vitamin B5: 0.41mg (4.06%), Potassium: 137.39mg (3.93%), Folate: 11.91µg (2.98%), Vitamin E: 0.44mg (2.93%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.29µg (1.94%), Vitamin B3: 0.22mg (1.08%)