



Delish Coconut Muffins

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



33

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups coconut milk
- 1.3 cups rice flour white
- 1 teaspoon salt
- 2 cups coconut or shredded unsweetened

Equipment

- oven
- mixing bowl
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray mini-muffin pans with cooking spray.
- Mix together the coconut milk with the water in a mixing bowl. Stir in white rice flour, shredded coconut, and salt. Spoon the mixture into the prepared mini muffin cups, and sprinkle with sugar if desired.
- Bake in the preheated oven until the tops are golden brown and crusty, about 30 minutes.

Nutrition Facts

PROTEIN 4.49% **FAT 68.12%** **CARBS 27.39%**

Properties

Glycemic Index:5, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:2.3152173811003%

Nutrients (% of daily need)

Calories: 93.11kcal (4.66%), Fat: 7.38g (11.35%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.61g (2.04%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 74.78mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.36mg (17.96%), Copper: 0.09mg (4.55%), Iron: 0.77mg (4.3%), Fiber: 1.06g (4.26%), Magnesium: 15.07mg (3.77%), Phosphorus: 33.99mg (3.4%), Selenium: 1.96µg (2.8%), Vitamin B6: 0.05mg (2.41%), Potassium: 72.89mg (2.08%), Zinc: 0.26mg (1.72%), Vitamin B3: 0.3mg (1.5%), Vitamin B5: 0.12mg (1.21%), Vitamin B1: 0.02mg (1.03%)