



Egg and Coconut Custard Jellies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



150 min.

SERVINGS



8

CALORIES



231 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon agar-agar powder
- 3 pandan leaves cut into 1-inch pieces
- 1.5 cups full fat coconut cream
- 2 eggs
- 0.3 cup coconut sugar
- 1.5 cups water
- 0.5 cup sugar white

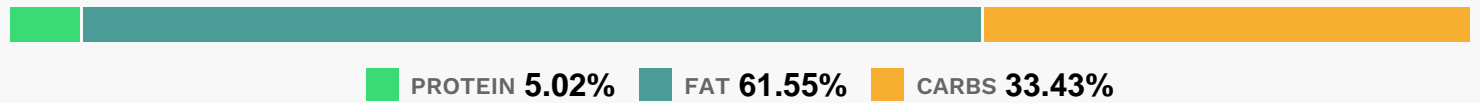
Equipment

- bowl
- sauce pan
- whisk

Directions

- To make the custard, beat the eggs with the palm sugar, coconut cream, and pandan leaves in a bowl so the pandan aroma is imparted to the eggs. Strain the mixture and set aside.
- Combine the agar-agar powder and water in a small saucepan over medium heat; cook and stir until the powder is completely dissolved.
- Whisk the sugar into the mixture until dissolved, but do not bring to a boil. Stir the custard into the mixture allow to cook for about 2 minutes.
- Pour the mixture into 1-cup molds. Store in refrigerator to allow to set, about 2 hours.
- Remove the jellies from the molds to serve.

Nutrition Facts



Properties

Glycemic Index:15.51, Glycemic Load:11.07, Inflammation Score:-1, Nutrition Score:4.5186956628509%

Nutrients (% of daily need)

Calories: 230.68kcal (11.53%), Fat: 16.7g (25.69%), Saturated Fat: 14.18g (88.65%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.36g (7.04%), Sugar: 15.8g (17.55%), Cholesterol: 40.92mg (13.64%), Sodium: 30.21mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Manganese: 0.62mg (31.02%), Copper: 0.19mg (9.5%), Phosphorus: 77.05mg (7.7%), Iron: 1.37mg (7.64%), Selenium: 3.5µg (5%), Potassium: 168.91mg (4.83%), Magnesium: 19.22mg (4.81%), Folate: 19.21µg (4.8%), Fiber: 1.05g (4.19%), Zinc: 0.62mg (4.11%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.04mg (2.12%), Vitamin B3: 0.41mg (2.05%), Calcium: 16.78mg (1.68%), Vitamin B12: 0.1µg (1.63%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.22µg (1.47%), Vitamin A: 61.72IU (1.23%), Vitamin B1: 0.02mg (1.2%)