

## Famous Coconut-Almond Balls

☒ Gluten Free ☒ Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

26

CALORIES

calories

195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 cups coconut or flaked
- ☐ 0.3 cup plus light
- ☐ 12 ounce semi chocolate chips
- ☐ 0.3 cup shortening
- ☐ 26 almonds whole

### Equipment

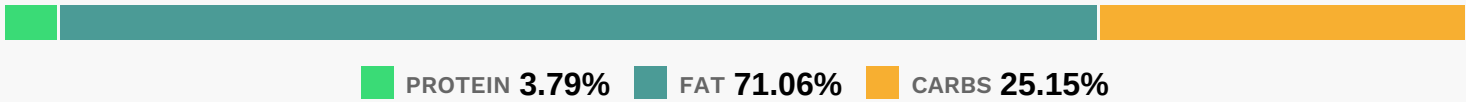
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ wire rack
- ☐ stove
- ☐ microwave

## Directions

- ☐ Line two cookie sheets or large flat surface with waxed paper and place large cooling rack on top.
- ☐ Place coconut in large bowl.
- ☐ Heat corn syrup, one minute in microwave, until syrup boils.
- ☐ Pour immediately over coconut and stir until well mixed.
- ☐ Using a tablespoon measure, shape coconut into 26 balls with hands and place on wire racks.
- ☐ Let rest 10 minutes, then re-roll each ball to keep loose ends from sticking out.
- ☐ Melt shortening and chocolate together in large glass bowl in microwave, or in saucepan on stovetop, stirring once or twice. Working quickly, spoon 1 tablespoon of chocolate over each ball. Lightly press an almond on top of each ball.
- ☐ Let balls stand until set.

## Nutrition Facts



## Properties

Glycemic Index:1.12, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:4.6843478375155%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 194.56kcal (9.73%), Fat: 15.93g (24.5%), Saturated Fat: 10.9g (68.1%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 9.38g (3.41%), Sugar: 8.33g (9.25%), Cholesterol: 0.79mg (0.26%), Sodium: 8.27mg (0.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.25mg (3.75%), Protein: 1.91g (3.82%), Manganese: 0.56mg (27.76%), Copper: 0.28mg (13.88%), Fiber: 3.3g (13.21%), Magnesium: 37.53mg (9.38%), Iron: 1.3mg (7.22%), Phosphorus: 65.77mg (6.58%), Selenium: 3.58µg (5.12%), Zinc: 0.66mg (4.37%), Potassium: 152.56mg (4.36%), Vitamin E: 0.51mg (3.41%), Vitamin B6: 0.05mg (2.25%), Vitamin K: 2.03µg (1.93%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.16mg (1.62%), Calcium: 14.65mg (1.46%), Vitamin B3: 0.22mg (1.12%), Vitamin B1: 0.02mg (1.09%)