



Ferrero Raffaello Coconut Candy Balls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups graham cracker crumbs
- 0.7 cup coconut shredded unsweetened finely
- 0.8 cup hazelnuts chopped (I prefer the hazelnuts)
- 1 cup powdered sugar
- 0.3 cup milk
- 2 tablespoons butter melted
- 24 servings coconut flakes shredded to cover the cookie ball finely
- 24 servings coconut flakes shredded to cover the cookie ball finely

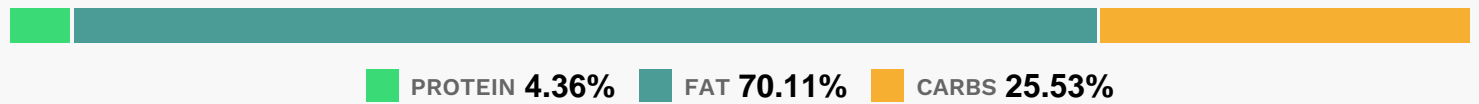
Equipment

mixing bowl

Directions

- In a large mixing bowl thoroughly combine the graham cracker crumbs, coconut flakes, hazelnuts and powdered sugar.
- Stir the milk and melted butter into the dry mixture, and mix until everything is well combined.
- Cover and chill for one hour.
- Shape small bits of the dough into balls and roll them in the coconut flakes.
- Put the cookie balls in the refrigerator for at least 2 hours before serving.
- You can also store these for a few days in the refrigerator in tightly covered containers.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:5.83%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Taste

Sweetness: 100%, Saltiness: 3.79%, Sourness: 22.01%, Bitterness: 5.76%, Savoriness: 12.94%, Fattiness: 32.35%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 224.2kcal (11.21%), Fat: 18.41g (28.32%), Saturated Fat: 13.82g (86.36%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 10.85g (3.95%), Sugar: 8.04g (8.94%), Cholesterol: 2.81mg (0.94%), Sodium: 51.52mg (2.24%), Protein: 2.58g (5.15%), Manganese: 0.85mg (42.59%), Fiber: 4.22g (16.89%), Copper: 0.25mg (12.31%), Magnesium: 29.86mg (7.47%), Phosphorus: 70.85mg (7.08%), Iron: 1.15mg (6.37%), Selenium: 4.36µg (6.23%), Vitamin B6: 0.1mg

(4.78%), Potassium: 161.61mg (4.62%), Vitamin E: 0.69mg (4.6%), Zinc: 0.66mg (4.4%), Vitamin B1: 0.05mg (3.41%),
Vitamin B2: 0.04mg (2.6%), Vitamin B5: 0.23mg (2.26%), Folate: 8.72µg (2.18%), Vitamin B3: 0.41mg (2.03%),
Calcium: 17.75mg (1.78%)