



Fifteens

READY IN



10 min.

SERVINGS



20

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 candied cherries red halved
- ☐ 15 digestive biscuits crumbs crushed
- ☐ 15 large marshmallows
- ☐ 1 cup coconut or sweetened flaked
- ☐ 0.7 cup condensed milk sweetened

Equipment

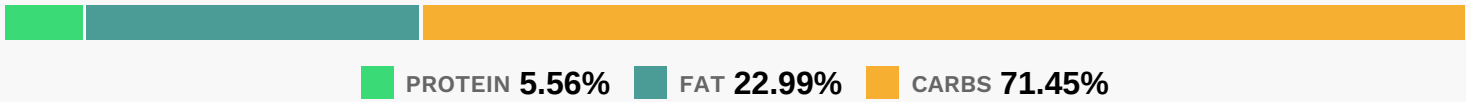
- ☐ bowl
- ☐ plastic wrap

☐ kitchen scissors

Directions

- ☐ Cut the marshmallows in halves using scissors, and place in a large bowl. Toss with the digestive biscuits and candied cherries. Gradually stir in the sweetened condensed milk until the mixture becomes a soft, moist dough. It should not be too dry, so you may need to add a bit more of the milk.
- ☐ Spread a generous layer of coconut out on a clean surface, and place the dough on top of it. Use your hands to form the dough into a long thick sausage, making sure it is well coated with coconut. Wrap in a double layer of plastic wrap, and refrigerate for 2 to 3 hours.
- ☐ Unwrap the long piece of dough, and cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:2.2713043177905%

Nutrients (% of daily need)

Calories: 123.27kcal (6.16%), Fat: 3.21g (4.94%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.63g (7.87%), Sugar: 14.14g (15.71%), Cholesterol: 3.47mg (1.16%), Sodium: 83.45mg (3.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Manganese: 0.13mg (6.31%), Phosphorus: 49.9mg (4.99%), Vitamin B2: 0.08mg (4.49%), Selenium: 2.94µg (4.21%), Calcium: 37.68mg (3.77%), Fiber: 0.81g (3.24%), Iron: 0.49mg (2.74%), Folate: 10.86µg (2.71%), Vitamin B3: 0.52mg (2.61%), Vitamin B1: 0.04mg (2.51%), Magnesium: 9.12mg (2.28%), Potassium: 71.3mg (2.04%), Copper: 0.04mg (1.85%), Zinc: 0.23mg (1.53%), Vitamin K: 1.56µg (1.49%), Vitamin B5: 0.14mg (1.39%), Vitamin E: 0.17mg (1.17%), Vitamin B6: 0.02mg (1.15%)