



## Indian Sweet Jackfruit Dessert [Paleo, AIP]

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



104 kcal

DESSERT

### Ingredients

- 250 g jackfruit segments sweet
- 30 ml honey
- 36 g coconut flour
- 1 g salt
- 7 g coconut oil
- 60 ml coconut oil

### Equipment

- bowl

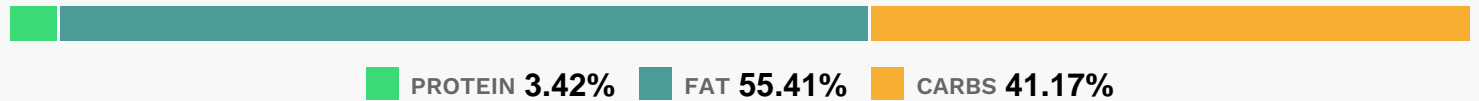
frying pan

blender

## Directions

- Place the sweet jackfruit segments, honey, salt, and 1/2 tablespoon of coconut oil into a blender and blend well.
- Place the puree into a bowl and mix in the coconut flour. Form small balls from the dough makes around 9-12 balls.
- Place the 4 tablespoons of coconut oil into a frying pan and pan-fry the balls in the pan. Use a spoon to move the balls around so that theyre fried evenly on all sides.
- Cook until the balls are browned
- Serve with extra honey or ghee drizzled on top.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:1.3652173913043%

## Taste

Sweetness: 100%, Saltiness: 1.27%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 79.99%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 103.93kcal (5.2%), Fat: 6.84g (10.52%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 9.78g (3.56%), Sugar: 8.55g (9.5%), Cholesterol: 0mg (0%), Sodium: 47.03mg (2.04%), Protein: 0.95g (1.9%), Fiber: 1.65g (6.6%), Vitamin C: 3.45mg (4.18%), Vitamin B6: 0.08mg (4.16%), Potassium: 114.24mg (3.26%), Magnesium: 7.34mg (1.83%), Vitamin B1: 0.03mg (1.75%), Folate: 6.09µg (1.52%), Vitamin B3: 0.24mg (1.18%), Copper: 0.02mg (1.03%)