



Hungarian Coconut Balls



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup coconut or flaked
- ☐ 1.3 cups confectioners' sugar
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1.3 cups potatoes mashed
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons rum extract flavored
- ☐ 2 tablespoons cocoa powder unsweetened

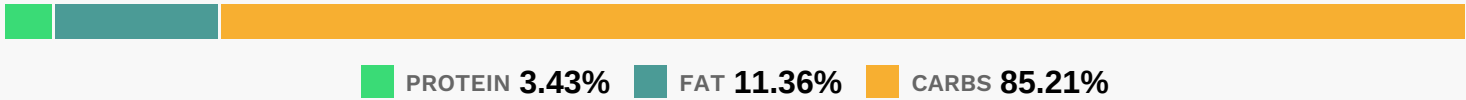
Equipment

☐ bowl

Directions

- ☐ Put raisins together with rum extract and lemon juice to soak up the flavor.
- ☐ In a medium bowl, stir together the mashed potatoes, confectioners sugar, and cocoa. Stir in 1 1/4 cup coconut, the raisin mixture and lemon zest.
- ☐ Roll dough into walnut sized balls.
- ☐ Roll the balls in remaining coconut. Refrigerate for two days. ENJOY!

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:2.67, Inflammation Score:-1, Nutrition Score:1.1673913010922%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 49.07kcal (2.45%), Fat: 0.66g (1.02%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 10.4g (3.78%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 3.42mg (4.15%), Manganese: 0.07mg (3.28%), Fiber: 0.76g (3.04%), Potassium: 84.99mg (2.43%), Copper: 0.04mg (2.23%), Vitamin B6: 0.04mg (2.12%), Magnesium: 6.46mg (1.62%), Iron: 0.26mg (1.43%), Phosphorus: 13.6mg (1.36%)