

Irish Potato Candy



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



60

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2.5 cups coconut or flaked
- ☐ 4 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl

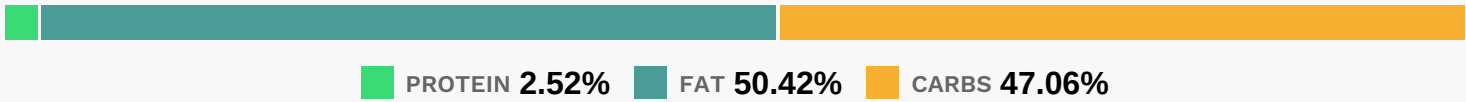
☐

baking sheet

Directions

- ☐ In a medium bowl, beat the butter and cream cheese together until smooth.
- ☐ Add the vanilla and confectioners' sugar; beat until smooth. Using your hands if necessary, mix in the coconut.
- ☐ Roll into balls or potato shapes, and roll in the cinnamon.
- ☐ Place onto a cookie sheet and chill to set. If desired, roll potatoes in cinnamon again for darker color.

Nutrition Facts



Properties

Glycemic Index:1.37, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.93086956668159%

Nutrients (% of daily need)

Calories: 75.03kcal (3.75%), Fat: 4.35g (6.7%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.5g (3.09%), Sugar: 8.24g (9.15%), Cholesterol: 5.85mg (1.95%), Sodium: 19.44mg (0.85%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.49g (0.98%), Manganese: 0.12mg (6.07%), Fiber: 0.65g (2.59%), Vitamin A: 74.79IU (1.5%), Copper: 0.03mg (1.5%), Selenium: 1.04µg (1.49%), Phosphorus: 11.66mg (1.17%)