



Jenn's Coconut Salad (Buko Salad)



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



1339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21 ounce coconut in syrup canned grated
- ☐ 1 cup heavy cream
- ☐ 33 ounce lychees whole quartered canned

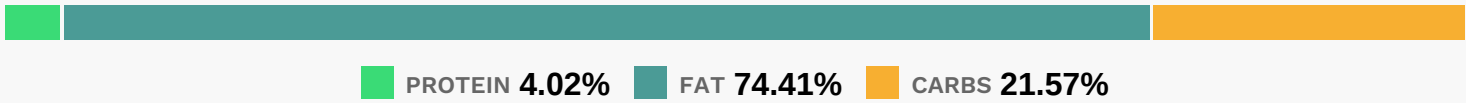
Equipment

- ☐ bowl

Directions

In a medium bowl, toss together lychees with coconut meat. Stir in cream. Chill one hour in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:31.503913283348%

Nutrients (% of daily need)

Calories: 1338.97kcal (66.95%), Fat: 117.52g (180.8%), Saturated Fat: 98.85g (617.78%), Carbohydrates: 76.65g (25.55%), Net Carbohydrates: 50.05g (18.2%), Sugar: 47.76g (53.07%), Cholesterol: 67.24mg (22.41%), Sodium: 73.47mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Manganese: 4.21mg (210.74%), Vitamin C: 169.82mg (205.84%), Fiber: 26.6g (106.4%), Copper: 1.54mg (76.87%), Selenium: 31.66µg (45.23%), Phosphorus: 413.61mg (41.36%), Magnesium: 161.5mg (40.38%), Potassium: 1264.64mg (36.13%), Iron: 5.73mg (31.81%), Vitamin B2: 0.41mg (24.28%), Vitamin B6: 0.47mg (23.37%), Zinc: 3.13mg (20.9%), Vitamin A: 874.65IU (17.49%), Vitamin B5: 1.34mg (13.42%), Vitamin B3: 2.35mg (11.73%), Calcium: 89.66mg (8.97%), Vitamin B1: 0.13mg (8.46%), Vitamin E: 1.2mg (8.02%), Vitamin D: 0.95µg (6.35%), Folate: 23.96µg (5.99%), Vitamin K: 2.35µg (2.24%), Vitamin B12: 0.1µg (1.59%)