

Key Lime Coconut Snowballs

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup graham cracker crumbs (4 cookie sheets)
- ☐ 1.5 tablespoons key lime juice fresh
- ☐ 1 teaspoon key lime rind grated
- ☐ 1.3 cups powdered sugar
- ☐ 6 tablespoons condensed milk fat-free sweetened
- ☐ 1 cup coconut or shredded unsweetened divided
- ☐ 1 teaspoon vanilla extract

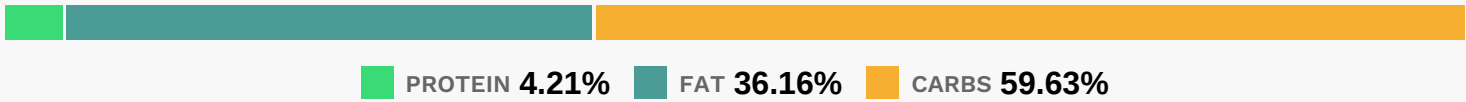
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine crumbs, sweetened condensed milk, rind, juice, and vanilla in a medium bowl.
- ☐ Add 2/3 cup coconut, and beat with a mixer at medium speed for 1 minute or until no longer grainy.
- ☐ Add sugar, 1/4 cup at a time, beating until well combined. Cover and chill 20 minutes.
- ☐ Shape crumb mixture into 24 balls, about 1 teaspoon each.
- ☐ Place remaining 1/3 cup coconut in a shallow bowl; roll balls in coconut.
- ☐ Note: Refrigerate balls in an airtight container for up to one day.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:2.4843478163947%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 153.14kcal (7.66%), Fat: 6.34g (9.75%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 22.09g (8.03%), Sugar: 19.38g (21.54%), Cholesterol: 3.4mg (1.13%), Sodium: 46.64mg (2.03%), Alcohol: 0.11g (100%), Alcohol %: 0.39% (100%), Protein: 1.66g (3.32%), Manganese: 0.22mg (10.75%), Fiber: 1.43g (5.74%), Phosphorus: 51mg (5.1%), Selenium: 2.99µg (4.27%), Vitamin B2: 0.06mg (3.74%), Calcium: 34.58mg (3.46%), Copper: 0.07mg (3.32%), Magnesium: 12.53mg (3.13%), Iron: 0.48mg (2.66%), Potassium: 90.55mg (2.59%), Zinc: 0.34mg (2.29%), Vitamin B6: 0.03mg (1.69%), Vitamin B1: 0.02mg (1.66%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.25mg (1.24%), Vitamin C: 0.99mg (1.2%), Folate: 4.14µg (1.04%)