



Natilla

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 2 cinnamon sticks
- 0.5 cup cornstarch
- 2 cups baker's angel flake coconut
- 4.5 cups milk divided

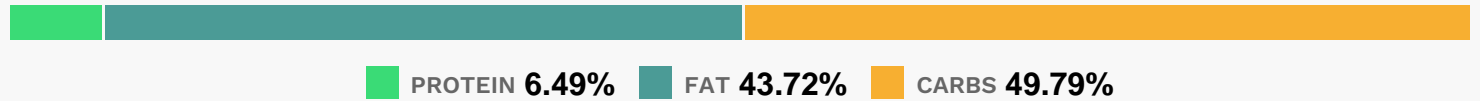
Equipment

- sauce pan

Directions

- Bring 3-1/2 cups milk, sugar and cinnamon sticks to boil in large saucepan on medium heat.
- Remove from heat. (
- Mixture may appear curdled.)
- Let stand 5 min.
- Remove and discard cinnamon sticks.
- Add cornstarch to remaining milk; stir until dissolved.
- Add to ingredients in saucepan along with the coconut; stir. Cook on medium-high heat 5 min. or until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:1.72, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:2.9286956502044%

Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 5.8g (8.92%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 13.57g (4.94%), Sugar: 11.15g (12.39%), Cholesterol: 5.27mg (1.76%), Sodium: 21.93mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Manganese: 0.24mg (12.22%), Calcium: 65.95mg (6.6%), Phosphorus: 59.23mg (5.92%), Fiber: 1.28g (5.12%), Vitamin B2: 0.07mg (3.97%), Vitamin B12: 0.24µg (3.95%), Potassium: 115.79mg (3.31%), Selenium: 2.28µg (3.25%), Vitamin D: 0.48µg (3.22%), Magnesium: 12.43mg (3.11%), Copper: 0.06mg (3.05%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.33mg (2.17%), Vitamin B1: 0.03mg (1.92%), Iron: 0.32mg (1.8%), Vitamin A: 71.98IU (1.44%)