



No-Bake Coconut Balls



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



42

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup nonfat milk powder dry instant
- ☐ 2 cups powdered sugar sifted
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 3 cups coconut or sweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons water

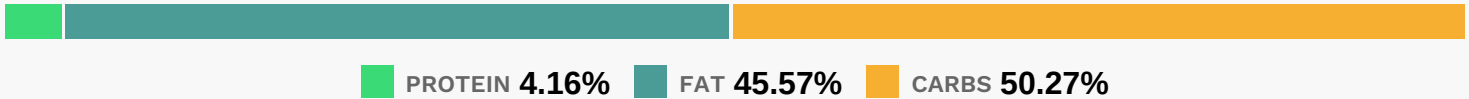
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Melt 1/3 cup butter in a medium saucepan over low heat.
- ☐ Remove from heat, and stir in 3 tablespoons water and vanilla.
- ☐ Combine powdered sugar and milk powder; stir 1/2 cup at a time into butter mixture until smooth. Stir in coconut.
- ☐ Shape into 1-inch balls, and place on ungreased baking sheets. Chill 20 minutes.
- ☐ Place chocolate morsels in a small zip-top freezer bag; seal. Submerge in hot water until chocolate melts. Snip a tiny hole in one corner of bag, and drizzle chocolate over coconut balls. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6369565262095%

Nutrients (% of daily need)

Calories: 91.73kcal (4.59%), Fat: 4.72g (7.27%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 10.8g (3.93%), Sugar: 10.07g (11.18%), Cholesterol: 4.4mg (1.47%), Sodium: 37.11mg (1.61%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.48mg (1.16%), Protein: 0.97g (1.94%), Manganese: 0.11mg (5.63%), Fiber: 0.93g (3.7%), Copper: 0.07mg (3.48%), Phosphorus: 30.87mg (3.09%), Magnesium: 11.85mg (2.96%), Selenium: 1.76µg (2.51%), Calcium: 21.71mg (2.17%), Potassium: 71.14mg (2.03%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.58%), Vitamin A: 78.18IU (1.56%), Zinc: 0.21mg (1.41%), Vitamin B12: 0.07µg (1.13%), Vitamin D: 0.16µg (1.05%)