



Nutty Cranberry Filling

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



1739 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter softened
- ☐ 14 ounce coconut flakes flaked
- ☐ 0.7 cup cream of coconut (not cream of coconut)
- ☐ 3.5 ounce macadamia nuts chopped
- ☐ 12 ounce cranberries dried sweetened chopped
- ☐ 12 ounce chocolate chips white

Equipment

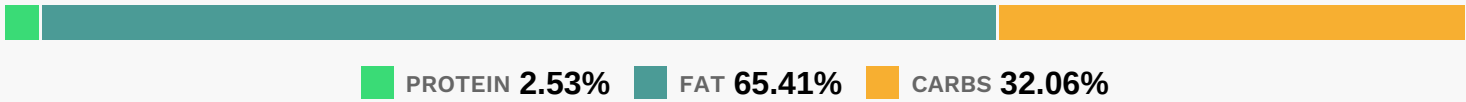
- ☐ bowl

- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave morsels in a glass bowl at HIGH 1 minute, stirring once; cool.
- ☐ Beat butter at medium speed with an electric mixer until fluffy; add melted white chocolate, beating until blended.
- ☐ Stir together coconut and coconut milk; add nuts and cranberries. Stir in chocolate mixture until blended.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:28.22, Inflammation Score:-7, Nutrition Score:23.78391279345%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 1739.08kcal (86.95%), Fat: 132.24g (203.45%), Saturated Fat: 90.33g (564.55%), Carbohydrates: 145.78g (48.59%), Net Carbohydrates: 126.08g (45.85%), Sugar: 122.62g (136.24%), Cholesterol: 111.9mg (37.3%), Sodium: 406.65mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Manganese: 3.18mg (159.22%), Fiber: 19.7g (78.81%), Copper: 0.87mg (43.28%), Phosphorus: 336.92mg (33.69%), Selenium: 19.32µg (27.6%), Magnesium: 109.03mg (27.26%), Vitamin E: 3.59mg (23.94%), Vitamin A: 1154.96IU (23.1%), Vitamin B1: 0.34mg (22.58%), Potassium: 742.88mg (21.23%), Iron: 3.81mg (21.14%), Vitamin B2: 0.34mg (19.88%), Calcium: 189.92mg (18.99%), Vitamin B6: 0.36mg (17.9%), Zinc: 2.47mg (16.44%), Vitamin K: 14.78µg (14.07%), Vitamin B5: 1.4mg (13.97%), Vitamin B3: 1.87mg (9.34%), Vitamin B12: 0.46µg (7.64%), Folate: 15.45µg (3.86%), Vitamin C: 1.91mg (2.31%)