



Orange Coconut Stars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons powdered sugar
- ☐ 2 tablespoons orange juice
- ☐ 1 orange zest
- ☐ 0.5 cup coconut shredded sweetened

Equipment

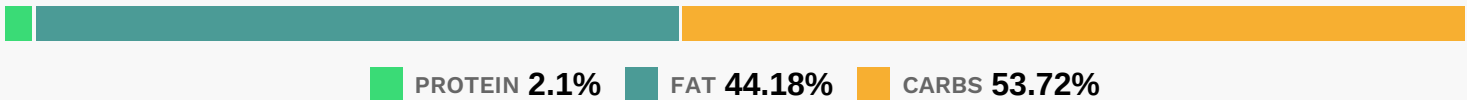
- ☐ baking sheet
- ☐ oven
- ☐ whisk

- ☐ aluminum foil
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut dough in half; roll out both halves to an even 1/4-inch thickness.
- ☐ Cut out cookies with a 2-inch star cookie cutter; reroll scraps to get 40 cookies. Coat 2 cookie sheets with cooking spray; place cookies on sheets 1 inch apart and bake 1 batch at a time until firm and slightly golden at edges, 4 to 5 minutes. Cool on wire racks. Line baking sheet with foil; spread coconut on foil.
- ☐ Bake, stirring once or twice, until golden, 3 to 4 minutes.
- ☐ Spread coconut on sheet of wax paper; crush with fingers.
- ☐ Whisk sugar, zest and juice in a bowl until combined. Dip 1 side of cookie into orange glaze, then press into coconut; let set on wire racks.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.20999999878847%

Flavonoids

Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 7.87kcal (0.39%), Fat: 0.4g (0.62%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.95g (1.05%), Cholesterol: 0mg (0%), Sodium: 2.97mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Manganese: 0.03mg (1.4%), Vitamin C: 0.84mg (1.02%)