



Pasteles De Coco (Coconut Pastries)

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



466 kcal

SIDE DISH

Ingredients

- 15.5 ounce coconut in syrup canned grated
- 17.3 ounce puff pastry frozen thawed (2 sheets)

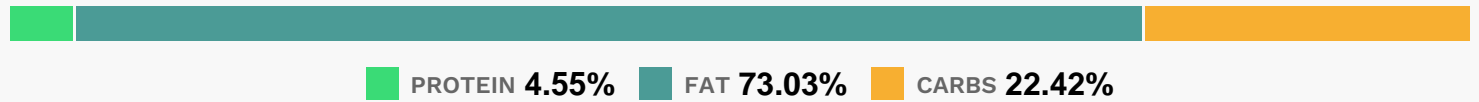
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C). Cover a baking sheet with parchment paper.
- Roll out each sheet of pastry dough slightly, just to thin it.
- Cut each sheet into 12 squares, and place half the squares on the prepared baking sheet, leaving at least half an inch between each square.
- Place a spoonful of coconut in the center of each pastry square, then top with a second pastry square. Pinch the dough on two sides to seal in the coconut filling.
- Bake pastries in preheated oven until golden brown, 10 to 20 minutes. Cool on a rack.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:9.95, Inflammation Score:-2, Nutrition Score:10.074347841108%

Nutrients (% of daily need)

Calories: 466.23kcal (23.31%), Fat: 39.16g (60.24%), Saturated Fat: 24.88g (155.51%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 20.46g (7.44%), Sugar: 2.99g (3.33%), Cholesterol: 0mg (0%), Sodium: 115.02mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Manganese: 1.2mg (60.2%), Fiber: 6.58g (26.32%), Selenium: 16.64µg (23.77%), Copper: 0.34mg (16.9%), Iron: 2.26mg (12.55%), Vitamin B1: 0.18mg (12.28%), Phosphorus: 99.88mg (9.99%), Magnesium: 39.48mg (9.87%), Vitamin B3: 1.92mg (9.6%), Vitamin B2: 0.15mg (8.94%), Folate: 35.08µg (8.77%), Potassium: 223.7mg (6.39%), Vitamin K: 6.67µg (6.35%), Zinc: 0.95mg (6.35%), Vitamin B6: 0.12mg (5.92%), Vitamin B5: 0.29mg (2.93%), Vitamin E: 0.38mg (2.54%), Calcium: 13.6mg (1.36%)