



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

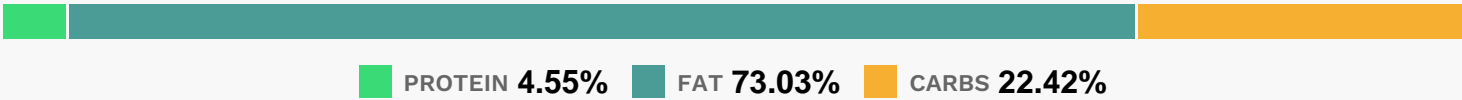


oven

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%)