



Simple Coconut & Jam Pastries



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



148 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 tbsp desiccated coconut
- ☐ 1 small fruit mixed
- ☐ 320 g ready rolled puff pastry
- ☐ 4 tbsp strawberry jam

Equipment

- ☐ oven

Directions

- ☐ Preheat oven at 190c /170c fan /gas mark 5.
- ☐ Take the pastry out of the fridge 10 minutes before you plan to start.
- ☐ Carefully unroll the pastry.
- ☐ Spoon the jam over the pastry and spread evenly,
- ☐ Sprinkle fruit across the jam layer.
- ☐ Finish off with a layer of coconut.
- ☐ Roll the pastry up and wrap in the original paper, then pop it in the fridge for 30 minutes to chill.
- ☐ Slice and place circles of pastry on lined baking trays. Leave a little space between each pastry.
- ☐ Bake for 7 – 10 minutes until golden.1
- ☐ Dust with icing sugar and enjoy while still warm.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:2.567391321063%

Nutrients (% of daily need)

Calories: 148.38kcal (7.42%), Fat: 8.46g (13.01%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.87g (5.77%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 53.27mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Selenium: 5.17µg (7.39%), Manganese: 0.14mg (7.08%), Vitamin B1: 0.08mg (5.63%), Vitamin B3: 0.95mg (4.77%), Vitamin K: 4.52µg (4.3%), Folate: 16.83µg (4.21%), Fiber: 1.01g (4.03%), Vitamin B2: 0.07mg (4.02%), Iron: 0.67mg (3.7%), Copper: 0.06mg (2.94%), Phosphorus: 18.9mg (1.89%), Vitamin A: 85.14IU (1.7%), Magnesium: 5.93mg (1.48%), Potassium: 47.87mg (1.37%), Vitamin C: 1.08mg (1.31%), Zinc: 0.16mg (1.06%)