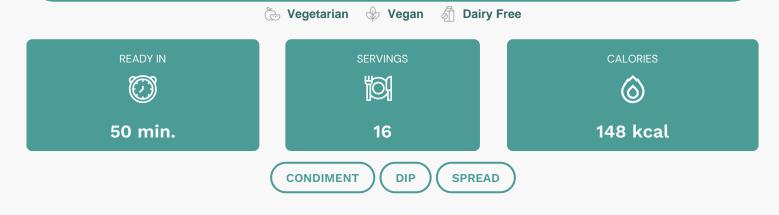


## **Simple Coconut & Jam Pastries**



## 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** PROTEIN 4.5% FAT 50.61% CARBS 44.89%

#### **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: Omg (0%), Sodium: 53.27mg (2.32%), Alcohol: Og (100%), Alcohol %: O% (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%)