

Toasted-Coconut Marshmallow Squares



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



48

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon coconut extract
- ☐ 1 cup plus light
- ☐ 0.8 ounces gelatin powder unflavored
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 cups coconut flakes dried unsweetened
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup water divided

Equipment

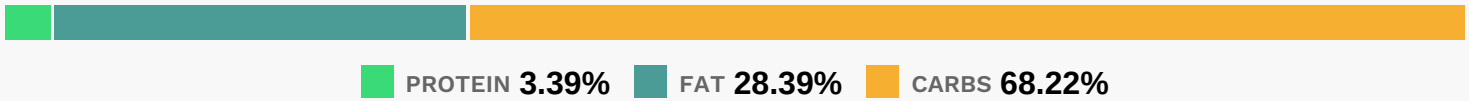
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Toast coconut in a shallow baking pan in oven, stirring occasionally, until golden, 7 to 10 minutes.
- ☐ Oil 9-inch baking pan, then sprinkle bottom with 1/2 cup toasted coconut.
- ☐ Sprinkle gelatin over 1/2 cup water in bowl of mixer and let soften while making syrup.
- ☐ Heat sugar, corn syrup, salt, and remaining 1/2 cup water in a small heavy saucepan over low heat, stirring until sugar has dissolved. Bring to a boil over medium heat, without stirring, washing any sugar crystals down side of pan with a pastry brush dipped in cold water.
- ☐ Put thermometer into syrup and continue boiling, without stirring, until it registers 240°F (soft-ball stage).
- ☐ Remove from heat and let stand until bubbles dissipate.
- ☐ With mixer at low speed, pour hot syrup into gelatin in a thin stream down side of bowl. Increase speed to high and beat until very thick, about 15 minutes.
- ☐ Add vanilla and coconut extracts and beat 1 minute more.

- ☐ Spoon marshmallow over toasted coconut in baking pan and press evenly with dampened fingertips to smooth top (it will be very sticky), then evenly sprinkle top with 1/2 cup toasted coconut.
- ☐ Let stand, uncovered, at room temperature until firm, about 2 hours.
- ☐ Run a sharp knife around edge of marshmallow and invert onto a cutting board.
- ☐ Cut into 3/4-inch-wide strips, then cut each strip into 3/4-inch squares.
- ☐ Put remaining toasted coconut in a small bowl and dredge marshmallows in it to coat completely.
- ☐ Marshmallow squares keep, layered between sheets of parchment paper in an airtight container, in a dry place at cool room temperature 1 month. To avoid stickiness, try to make marshmallows on a dry day.

Nutrition Facts



Properties

Glycemic Index:1.86, Glycemic Load:5.4, Inflammation Score:0, Nutrition Score:0.70913043480528%

Nutrients (% of daily need)

Calories: 69.65kcal (3.48%), Fat: 2.32g (3.57%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.97g (4.35%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 19.02mg (0.83%), Alcohol: 0.08g (100%), Alcohol %: 0.42% (100%), Protein: 0.62g (1.25%), Manganese: 0.1mg (4.92%), Fiber: 0.58g (2.31%), Copper: 0.04mg (1.96%), Selenium: 0.92µg (1.31%)