



WHATSheATE



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Torticas de Coco (Simple Mini Coconut Cakes)

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

SIDE DISH

Ingredients



1 cup all purpose flour



5.5 teaspoons double-acting baking powder



0.5 teaspoon coconut extract



2 large eggs beaten



1 pinch salt



1 cup sugar



4 cups coconut or sweetened grated



0.5 teaspoon vanilla extract



0.5 cup milk whole

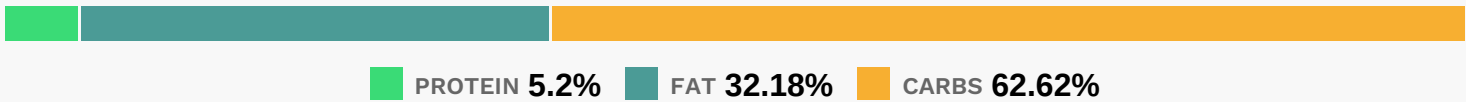
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 380 F degrees.Prepare a 12-cup muffin pan with paper liners.In a bowl mix together the ingredients until blended.Fill each lined muffin cups.
- ☐ Put the muffin pans in the oven and bake for about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:18.03, Inflammation Score:-1, Nutrition Score:5.4904348027447%

Nutrients (% of daily need)

Calories: 251.34kcal (12.57%), Fat: 9.21g (14.16%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 37.23g (13.54%), Sugar: 27.66g (30.73%), Cholesterol: 32.22mg (10.74%), Sodium: 294.42mg (12.8%), Alcohol: 0.13g (100%), Alcohol %: 0.21% (100%), Protein: 3.35g (6.69%), Manganese: 0.35mg (17.36%), Selenium: 10.95µg (15.64%), Calcium: 129.79mg (12.98%), Fiber: 3.09g (12.36%), Phosphorus: 106.54mg (10.65%), Iron: 1.27mg (7.04%), Vitamin B2: 0.11mg (6.55%), Vitamin B1: 0.1mg (6.34%), Folate: 23.83µg (5.96%), Copper: 0.11mg (5.32%), Magnesium: 19.5mg (4.88%), Vitamin B3: 0.83mg (4.15%), Potassium: 141.43mg (4.04%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.25mg (2.51%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.28µg (1.86%), Vitamin B6: 0.03mg (1.68%), Vitamin A: 61.47IU (1.23%)