

Crema de Coco

Yield: 9 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/helado-de-coco-puerto-rico-recipe>

Ingredients:

- 3/4 cup sweetened coconut flakes or angel flakes
- 1/4 teaspoon sea salt or fleur de sal
- 1/2 teaspoon canela ground, or true cinnamon
- 28 ounces coconut milk
- 14 ounces sweetened condensed milk
- 1/2 cup cornstarch
- 1 cup milk

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 20 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 25 grams
8. Sodium: 160 milligrams
9. Sugar: 29 grams

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