



Amazing Coconut Pie

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- 0.5 cup baking mix
- 0.3 cup butter softened
- 1 cup coconut or flaked
- 4 eggs
- 2 cups milk
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

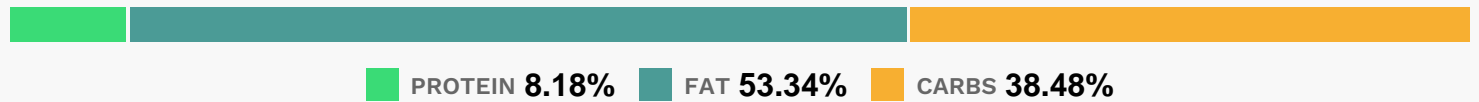
Equipment

- frying pan
- oven
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter one 9 inch deep dish pie pan.
- Combine the milk, sugar, eggs, coconut, vanilla , butter and baking mix together.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:14.17, Inflammation Score:-3, Nutrition Score:7.138695653366%

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 17.87g (27.49%), Saturated Fat: 11.85g (74.04%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27.12g (9.86%), Sugar: 23.45g (26.06%), Cholesterol: 104.56mg (34.85%), Sodium: 199.9mg (8.69%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 6.16g (12.33%), Phosphorus: 172.66mg (17.27%), Manganese: 0.33mg (16.38%), Selenium: 10.62µg (15.18%), Vitamin B2: 0.23mg (13.8%), Calcium: 105.48mg (10.55%), Vitamin B12: 0.57µg (9.44%), Vitamin A: 395.19IU (7.9%), Fiber: 1.89g (7.56%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.72mg (7.24%), Vitamin B1: 0.09mg (6.19%), Copper: 0.11mg (5.71%), Vitamin B6: 0.11mg (5.63%), Potassium: 194.6mg (5.56%), Magnesium: 21.6mg (5.4%), Zinc: 0.8mg (5.34%), Iron: 0.96mg (5.32%), Folate: 20.88µg (5.22%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.49mg (2.45%), Vitamin K: 1.26µg (1.2%)