



Baked Cream of Coconut

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



583 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 ounce coconut in syrup grated canned
- 14 ounce cream of coconut canned
- 5 eggs
- 12 fluid ounce evaporated milk canned
- 0.5 cup rum
- 14 ounce condensed milk sweetened canned
- 1 tablespoon vanilla extract

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- In a large bowl, beat eggs lightly. Beat in condensed milk, evaporated milk and cream of coconut until smooth. Fold in grated coconut, vanilla and rum.
- Pour into a 9x13 inch baking dish.
- Bake in preheated oven 1 hour, until pick inserted in center comes out clean. Turn oven off and let dish rest in oven 15 minutes.
- Remove from oven to cool completely. Chill before serving.

Nutrition Facts

 **PROTEIN 6.59%**  **FAT 56.45%**  **CARBS 36.96%**

Properties

Glycemic Index:6.33, Glycemic Load:10.98, Inflammation Score:-3, Nutrition Score:12.212608612102%

Nutrients (% of daily need)

Calories: 583.42kcal (29.17%), Fat: 36g (55.39%), Saturated Fat: 29.66g (185.38%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 45.97g (16.72%), Sugar: 45.91g (51.01%), Cholesterol: 88.02mg (29.34%), Sodium: 129.67mg (5.64%), Alcohol: 3.71g (100%), Alcohol %: 2.91% (100%), Protein: 9.46g (18.92%), Manganese: 1.02mg (50.92%), Fiber: 7.07g (28.28%), Selenium: 17.98µg (25.68%), Phosphorus: 255.9mg (25.59%), Vitamin B2: 0.35mg (20.76%), Calcium: 191.02mg (19.1%), Copper: 0.32mg (15.86%), Magnesium: 50.98mg (12.75%), Potassium: 438.24mg (12.52%), Zinc: 1.52mg (10.11%), Vitamin B5: 1.01mg (10.11%), Iron: 1.66mg (9.23%), Vitamin B6: 0.17mg (8.65%), Vitamin B12: 0.36µg (5.93%), Vitamin A: 257.98IU (5.16%), Vitamin B1: 0.07mg (4.91%), Folate: 17.92µg (4.48%), Vitamin D: 0.46µg (3.08%), Vitamin E: 0.45mg (3.03%), Vitamin C: 1.97mg (2.39%), Vitamin B3: 0.37mg (1.84%)