



Blue Hawaiian Happy Hour Pie

 Popular

READY IN



280 min.

SERVINGS



8

CALORIES



591 kcal

Ingredients

- 24 chocolate wafers such as nabisco famous thin
- 0.3 cup butter melted
- 14 oz cream of coconut canned
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 cup pineapple juice
- 0.3 cup curacao blue
- 0.3 cup rum
- 0.3 cup cornstarch
- 2 egg yolk

- 1 serving garnish: whipped cream sweetened

Equipment

- food processor
- sauce pan
- whisk
- plastic wrap

Directions

- Spray 9-inch glass pie plate with cooking spray. In food processor, place cookies. Cover; process, using quick on-and-off motions, until fine crumbs form.
- Add melted butter. Cover; process until well blended. Press crumb mixture in bottom and up side of pie plate; set aside.
- In large saucepan, mix remaining ingredients except whipped cream with whisk. Cook over medium heat, stirring constantly with whisk, until mixture thickens and boils. Boil and stir 1 minute.
- Remove from heat.
- Pour filling into crust. Cool 20 minutes.
- Press plastic wrap on filling to prevent tough layer from forming on top. Refrigerate until firm, about 4 hours.
- To serve, cut chilled pie into slices. Top with whipped cream. Store remaining pie covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.56, Glycemic Load:24.41, Inflammation Score:-3, Nutrition Score:7.5517391225566%

Nutrients (% of daily need)

Calories: 591.35kcal (29.57%), Fat: 22.29g (34.3%), Saturated Fat: 15.11g (94.44%), Carbohydrates: 85.55g (28.52%), Net Carbohydrates: 83.18g (30.25%), Sugar: 71.13g (79.04%), Cholesterol: 81.65mg (27.22%), Sodium: 241.19mg

(10.49%), Alcohol: 4.72g (100%), Alcohol %: 3.34% (100%), Protein: 6.03g (12.06%), Phosphorus: 172.55mg (17.26%), Vitamin B2: 0.29mg (16.91%), Selenium: 11.15µg (15.93%), Calcium: 158.68mg (15.87%), Manganese: 0.28mg (14.18%), Fiber: 2.37g (9.48%), Vitamin A: 383.4IU (7.67%), Potassium: 268.23mg (7.66%), Vitamin B1: 0.11mg (7.15%), Magnesium: 26.59mg (6.65%), Folate: 26.03µg (6.51%), Vitamin B5: 0.6mg (6.02%), Copper: 0.12mg (5.95%), Iron: 1.06mg (5.89%), Vitamin B12: 0.34µg (5.61%), Zinc: 0.81mg (5.43%), Vitamin C: 4.24mg (5.14%), Vitamin B6: 0.08mg (4.02%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.5mg (3.34%), Vitamin D: 0.35µg (2.3%), Vitamin K: 1.36µg (1.3%)