



Caramelized Pineapple-Coconut Pie

READY IN



40 min.

SERVINGS



40

CALORIES



67 kcal

DESSERT

Ingredients

- 1 Tbsp butter
- 0.5 tsp coconut extract
- 8 oz philadelphia cream cheese softened
- 2 Tbsp brown sugar dark
- 2 eggs
- 0.5 cup baker's angel flake coconut
- 0.3 cup granulated sugar
- 2 cups pineapple wedges ()
- 1 ready-to-use pie crust refrigerated

0.5 cup cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 400F. Prepare and bake pie crust in 9-inch pie plate as directed on package for unfilled one-crust pie. Meanwhile, melt butter in medium skillet on medium-high heat. Stir in brown sugar until well blended.
- Add pineapple; stir to evenly coat. Cook 5 min. or until pineapple is caramelized and liquid is absorbed.
- Remove from heat; set aside.
- Beat cream cheese and granulated sugar in medium bowl until well blended.
- Add eggs and extract; beat until well blended. Stir in coconut.
- Pour cream cheese mixture into crust. Top with caramelized pineapple. Reduce oven temperature to 350F.
- Bake 25 min. or until wooden toothpick inserted in center comes out clean. Cool 10 min.
- Serve warm or completely cooled topped with the whipped topping. Store any leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:1.521739129139%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.07kcal (3.35%), Fat: 4.38g (6.74%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.81g (2.11%), Sugar: 3.59g (3.99%), Cholesterol: 14.69mg (4.9%), Sodium: 41.93mg (1.82%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.04g (2.07%), Manganese: 0.13mg (6.31%), Vitamin C: 3.96mg (4.8%), Selenium: 1.65µg (2.36%), Vitamin B2: 0.04mg (2.08%), Vitamin A: 102.42IU (2.05%), Phosphorus: 17.14mg (1.71%), Fiber: 0.39g (1.58%), Folate: 6.14µg (1.54%), Vitamin B1: 0.02mg (1.42%), Iron: 0.22mg (1.23%), Copper: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.11%), Vitamin B6: 0.02mg (1.1%), Calcium: 10.16mg (1.02%)