



WHATSheATE



Cheerios® Healthified Coconut Cream Pie from Betty Crocker

READY IN



300 min.

SERVINGS



10

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 2.5 cups cheerios cheerios®
- ☐ 0.5 cup coconut or
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 0.5 cup lite coconut milk light canned (not cream of coconut)
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup butter 68% melted

☐ 2 cups cool whip fat-free frozen thawed ()

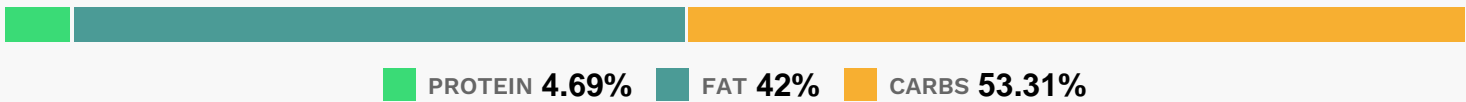
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 350°F.
- ☐ Place cereal in food-storage plastic bag; crush finely with rolling pin or meat mallet to make 1 cup (or crush in food processor).
- ☐ In medium bowl, mix crushed cereal and sugar with fork. Stir in melted vegetable oil spread until well mixed. Press in bottom and up side of 9-inch glass pie plate.
- ☐ Bake 10 minutes. Cool completely, about 30 minutes.
- ☐ In large bowl, mix milk, coconut milk and vanilla. With wire whisk, beat in pudding mix until well blended and slightly thickened. Stir in 1/2 cup coconut. Gently stir in 1/2 cup of the whipped topping. Spoon and spread pudding mixture evenly into crust. Refrigerate at least 4 hours or until set.
- ☐ Just before serving, top with remaining 1 1/2 cups whipped topping.
- ☐ Sprinkle with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:2.84, Inflammation Score:-4, Nutrition Score:5.1417391209499%

Nutrients (% of daily need)

Calories: 162.82kcal (8.14%), Fat: 7.74g (11.9%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 21.09g (7.67%), Sugar: 15.07g (16.75%), Cholesterol: 2.95mg (0.98%), Sodium: 168.11mg (7.31%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Protein: 1.94g (3.89%), Manganese: 0.25mg (12.43%), Vitamin B12: 0.69µg (11.49%), Folate: 41.5µg (10.37%), Iron: 1.63mg (9.05%), Vitamin A: 439.93IU (8.8%), Vitamin B2: 0.13mg (7.49%), Vitamin B1: 0.1mg (6.93%), Vitamin B6: 0.13mg (6.29%), Calcium: 62.02mg (6.2%), Zinc: 0.88mg (5.86%), Phosphorus: 54.65mg (5.46%), Vitamin B3: 1.04mg (5.2%), Fiber: 1.01g (4.03%), Selenium: 2.64µg (3.77%), Potassium: 99.33mg (2.84%), Magnesium: 10.89mg (2.72%), Vitamin D: 0.39µg (2.61%), Copper: 0.04mg (2.17%), Vitamin C: 1.27mg (1.54%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.14mg (1.39%)