



Cheerios® Skinny Coconut Cream Pie

READY IN



300 min.

SERVINGS



10

CALORIES



180 kcal

DESSERT

Ingredients

- 2.5 cups corn flakes/bran flakes
- 3 tablespoons sugar
- 0.3 cup butter 68% melted
- 0.8 cup skim milk fat-free (skim)
- 0.5 cup lite coconut milk light canned (not cream of coconut)
- 1 teaspoon vanilla
- 1 box vanilla pudding instant (4-serving size)
- 0.5 cup coconut or
- 2 cups cool whip fat-free frozen thawed ()

1 serving coconut or toasted

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.

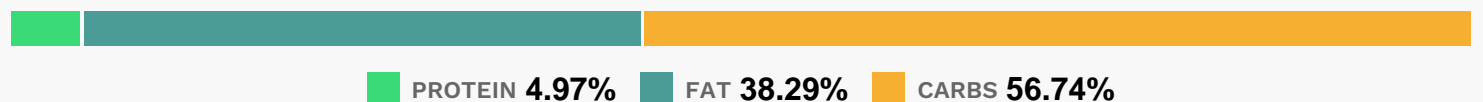
Bake 10 minutes. Cool completely, about 30 minutes.

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:19.56, Glycemic Load:7.34, Inflammation Score:-6, Nutrition Score:8.0060868891685%

Nutrients (% of daily need)

Calories: 179.63kcal (8.98%), Fat: 7.93g (12.21%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 24.06g (8.75%), Sugar: 16.76g (18.62%), Cholesterol: 2.95mg (0.98%), Sodium: 196.21mg (8.53%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 2.32g (4.63%), Manganese: 0.43mg (21.71%), Folate: 70.97µg (17.74%), Iron: 2.94mg (16.31%), Vitamin B2: 0.26mg (15.43%), Vitamin B12: 0.83µg (13.9%), Vitamin B1: 0.17mg (11.09%), Vitamin A: 516.73IU (10.33%), Vitamin B6: 0.2mg (10.12%), Fiber: 2.4g (9.59%), Selenium: 6.68µg (9.54%), Vitamin B3: 1.78mg (8.88%), Phosphorus: 81.93mg (8.19%), Magnesium: 28.12mg (7.03%), Calcium: 47.82mg (4.78%), Zinc: 0.69mg (4.58%), Copper: 0.08mg (3.88%), Vitamin D: 0.53µg (3.55%), Potassium: 122.95mg (3.51%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.72%)