



WHATSheATE



## Cheerios® Skinny Coconut Cream Pie

READY IN



300 min.

SERVINGS



10

CALORIES



211 kcal

DESSERT

### Ingredients

- ☐ 2.5 cups corn flakes/bran flakes
- ☐ 0.5 cup coconut or
- ☐ 10 servings coconut or toasted
- ☐ 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 ()

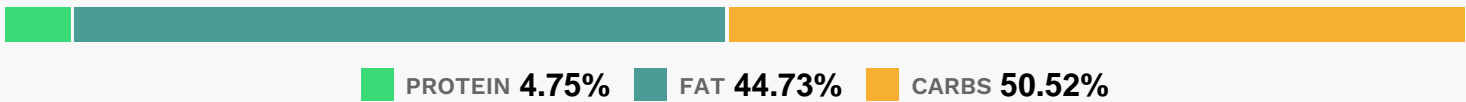
## Equipment

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

## Directions

- ☐ Heat oven to 350F.
- ☐ 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:7.39, Inflammation Score:-6, Nutrition Score:8.8873912154332%

Nutrients (% of daily need)

Calories: 211.49kcal (10.57%), Fat: 10.95g (16.84%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 24.62g (8.95%), Sugar: 17.32g (19.24%), Cholesterol: 2.95mg (0.98%), Sodium: 198.01mg (8.61%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 2.62g (5.23%), Manganese: 0.57mg (28.46%), Folate: 73.31µg (18.33%), Iron: 3.15mg (17.53%), Vitamin B2: 0.26mg (15.54%), Vitamin B12: 0.83µg (13.9%), Fiber: 3.21g (12.83%), Vitamin B1: 0.17mg (11.49%), Selenium: 7.59µg (10.84%), Vitamin B6: 0.21mg (10.36%), Vitamin A: 516.73IU (10.33%), Phosphorus: 92.1mg (9.21%), Vitamin B3: 1.83mg (9.12%), Magnesium: 31mg (7.75%), Copper: 0.12mg (5.83%), Zinc: 0.79mg (5.24%), Calcium: 49.08mg (4.91%), Potassium: 154.99mg (4.43%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.2mg (1.99%)