



Chilled Lime-Coconut Pie with Macadamia-Coconut Crust

READY IN



45 min.

SERVINGS



8

CALORIES



567 kcal

DESSERT

Ingredients

- 15 ounce cream of coconut canned (such as Coco López)
- 2 ounces macadamia nuts
- 2 teaspoons gelatin powder unflavored
- 1 lime thinly sliced into rounds
- 0.5 cup juice of lime fresh
- 2 teaspoons lime zest grated
- 0.7 cup yogurt plain low-fat
- 2 tablespoons powdered sugar

- 8 servings powdered sugar
- 0.3 cup coconut sweetened flaked
- 0.3 cup butter unsalted melted
- 5 ounces vanilla wafers
- 3 tablespoons water cold
- 0.8 cup whipping cream chilled

Equipment

- bowl
- sauce pan
- oven
- whisk
- measuring cup
- pastry bag
- pie form

Directions

- Preheat oven to 350°F. Finely grind cookies and nuts in processor.
- Transfer to medium bowl.
- Mix in coconut.
- Add butter and stir until blended. Press crumb mixture onto bottom and up sides of 9-inch-diameter metal or glass pie dish. Cover and freeze 30 minutes. (Can be prepared 1 week ahead. Keep frozen.)
- Bake until crust is golden, about 20 minutes. Cool completely.
- Whisk first 4 ingredients in 4-cup measuring cup or large bowl to blend.
- Pour 3 tablespoons cold water into small metal bowl.
- Sprinkle gelatin over.
- Let stand until gelatin softens, about 10 minutes. Set bowl in small saucepan of barely simmering water; whisk until gelatin dissolves, about 1 minute.

- Whisk into coconut mixture.
- Pour into crust (filling will reach top of crust). Chill until set, about 4 hours. (Can be prepared 1 day ahead. Cover and keep refrigerated.)
- Beat cream and 2 tablespoons powdered sugar in medium bowl until stiff peaks form.
- Transfer to pastry bag fitted with large star tip. Pipe around edge of pie. Dip lime rounds into additional powdered sugar.
- Garnish pie with lime.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:10.04, Inflammation Score:-4, Nutrition Score:5.7313043812047%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 5.17mg, Hesperetin: 5.17mg, Hesperetin: 5.17mg, Hesperetin: 5.17mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 567.34kcal (28.37%), Fat: 32.46g (49.94%), Saturated Fat: 19.76g (123.48%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 63.95g (23.25%), Sugar: 54.94g (61.05%), Cholesterol: 41.87mg (13.96%), Sodium: 132.27mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.33mg (16.65%), Fiber: 3.29g (13.15%), Vitamin B1: 0.18mg (12.01%), Vitamin A: 527.68IU (10.55%), Vitamin C: 7.5mg (9.09%), Vitamin B2: 0.15mg (8.77%), Phosphorus: 72.46mg (7.25%), Calcium: 66.07mg (6.61%), Folate: 22.35µg (5.59%), Copper: 0.1mg (5.17%), Magnesium: 18.21mg (4.55%), Potassium: 151.53mg (4.33%), Selenium: 2.74µg (3.92%), Vitamin B3: 0.74mg (3.71%), Vitamin E: 0.47mg (3.11%), Vitamin D: 0.46µg (3.09%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.16µg (2.7%), Zinc: 0.38mg (2.56%), Iron: 0.44mg (2.44%), Vitamin B6: 0.05mg (2.41%), Vitamin K: 1.4µg (1.33%)