



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

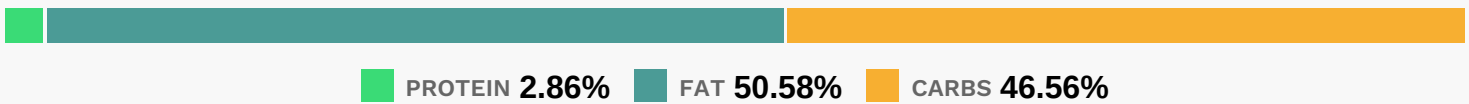
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ pastry bag
- ☐ pie form

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: Og (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%)