



Coconut Cream Meringue Pie

READY IN



305 min.

SERVINGS



8

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 0.5 cup coconut or flaked
- ☐ 1.5 cups coconut milk
- ☐ 0.5 cup cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 2 eggs beaten
- ☐ 1.5 cups half-and-half
- ☐ 19-inch baked pie crust ()
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons sugar white

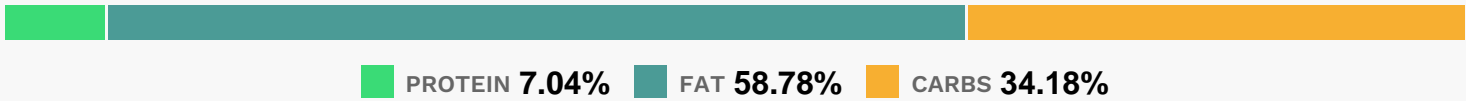
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir half-and-half, coconut milk, eggs, 3/4 cup sugar, cornstarch, and salt together in a saucepan; stirring constantly, slowly bring to a boil over low heat and cook until thick, about 30 minutes.
- ☐ Remove saucepan from heat; fold 3/4 cup coconut into the mixture with the vanilla extract.
- ☐ Pour the coconut mixture into the baked pie crust.
- ☐ Beat egg whites in a glass or metal bowl until foamy. Gradually add cream of tartar and 6 tablespoons white sugar, continuing to beat until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak.
- ☐ Spread egg white mixture over the pie.
- ☐ Sprinkle 1/2 cup coconut over the pie.
- ☐ Bake in preheated oven until the top is golden brown, 12 to 15 minutes. Move to a wire rack to cool until completely cooled to the touch, about 1 hour. Refrigerate at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:7.44, Inflammation Score:-3, Nutrition Score:7.5056520596794%

Nutrients (% of daily need)

Calories: 380.62kcal (19.03%), Fat: 25.3g (38.92%), Saturated Fat: 16.63g (103.94%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 31.54g (11.47%), Sugar: 11.43g (12.7%), Cholesterol: 56.8mg (18.93%), Sodium: 245.27mg (10.66%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.82g (13.63%), Manganese: 0.59mg (29.63%), Vitamin B2: 0.24mg (13.98%), Selenium: 9.77µg (13.95%), Iron: 2.5mg (13.87%), Phosphorus: 137.27mg (13.73%), Magnesium: 35.42mg (8.86%), Copper: 0.18mg (8.77%), Folate: 30.89µg (7.72%), Potassium: 256.38mg (7.33%), Calcium: 69.61mg (6.96%), Vitamin B1: 0.1mg (6.65%), Fiber: 1.56g (6.25%), Vitamin B5: 0.53mg (5.3%), Vitamin B3: 1.05mg (5.24%), Zinc: 0.79mg (5.24%), Vitamin A: 220.28IU (4.41%), Vitamin B6: 0.08mg (4.12%), Vitamin B12: 0.19µg (3.24%), Vitamin E: 0.37mg (2.45%), Vitamin K: 2.46µg (2.35%), Vitamin D: 0.22µg (1.47%), Vitamin C: 0.91mg (1.11%)