



Coconut Cream Pie

READY IN



250 min.

SERVINGS



12

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature
- ☐ 4 large egg yolk
- ☐ 1 cup half and half
- ☐ 2 cups milk 1% low-fat
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.7 cup sugar
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 1.5 cups coconut sweetened flaked
- ☐ 1 vanilla pod split
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ aluminum foil
- ☐ cheesecloth
- ☐ candy thermometer

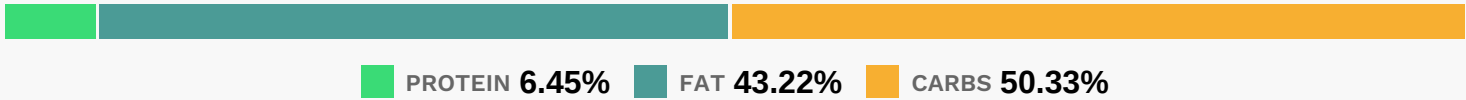
Directions

- ☐ Preheat oven to 425
- ☐ Fit dough into a 9-inch pie plate coated with cooking spray. Fold edges under; flute. Line dough with foil; arrange pie weights or dried beans on foil.
- ☐ Bake at 425 for 10 minutes; remove weights and foil, and bake an additional 10 minutes or until golden. Cool completely on a wire rack.
- ☐ Combine milk and half-and-half in a medium saucepan over medium heat.
- ☐ Add 1 1/2 cups coconut. Scrape seeds from vanilla bean; stir seeds and pod into milk mixture. Bring milk mixture to a simmer; immediately remove from heat. Cover and let stand 15 minutes. Strain through a cheesecloth-lined sieve into a bowl. Gather edges of cheesecloth;

squeeze over bowl to release moisture. Discard solids.

- ☐ Combine 2/3 cup sugar, cornstarch, salt, and egg yolks in a large bowl, stirring with a whisk. Gradually add milk mixture to egg yolk mixture, stirring constantly. Return milk mixture to pan; bring to a boil, whisking constantly.
- ☐ Remove from heat.
- ☐ Add butter; whisk until smooth.
- ☐ Place pan in a large ice-filled bowl for 6 minutes, stirring to cool.
- ☐ Pour into prepared crust. Cover and chill at least 1 hour.
- ☐ Place 3 egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Combine 1/2 cup sugar and 1/4 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 25
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until thick.
- ☐ Spread meringue over pie. Cover and refrigerate at least 2 hours. Top with toasted coconut before serving.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:13.57, Inflammation Score:-3, Nutrition Score:6.724782600351%

Nutrients (% of daily need)

Calories: 390.78kcal (19.54%), Fat: 18.94g (29.13%), Saturated Fat: 9.55g (59.66%), Carbohydrates: 49.62g (16.54%), Net Carbohydrates: 47.47g (17.26%), Sugar: 26.84g (29.83%), Cholesterol: 75.24mg (25.08%), Sodium: 288.6mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Selenium: 10.55µg (15.07%), Manganese: 0.28mg (14.2%), Vitamin B2: 0.23mg (13.35%), Phosphorus: 121.95mg (12.19%), Vitamin B1: 0.14mg (9.21%), Folate: 35.24µg (8.81%), Calcium: 88.14mg (8.81%), Fiber: 2.15g (8.58%), Iron: 1.31mg (7.29%), Vitamin B12: 0.4µg (6.67%), Potassium: 209.6mg (5.99%), Vitamin A: 288.86IU (5.78%), Vitamin B3: 1.12mg (5.6%), Vitamin B5: 0.55mg (5.49%), Magnesium: 19.77mg (4.94%), Vitamin D: 0.74µg (4.92%), Zinc: 0.64mg (4.24%), Copper: 0.08mg (3.79%), Vitamin B6: 0.08mg (3.77%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.42mg (2.81%)