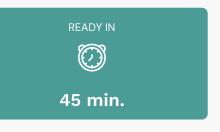


## **Coconut Cream Pie**







DESSERT

## Ingredients

3 tablespoons flour
O.1 teaspoon coconut extract
1 large egg yolk
2 large eggs
4 tablespoons water ()
O.5 teaspoon salt
3 tablespoons shortening chilled cut into small pieces
2 tablespoons sugar
0.7 cup coconut sweetened flaked

	6 tablespoons butter unsalted chilled cut into small pieces
	1 teaspoon vanilla extract
	1.3 cups whipping cream chilled
	1.5 cups milk whole
Eq	uipment
	bowl
	frying pan
	sauce pan
	oven
	whisk
	plastic wrap
	hand mixer
	aluminum foil
	pie form
Diı	rections
	Blend flour, sugar, and salt in processor.
	Add butter and shortening; using on/off turns, cut in until mixture resembles coarse meal.
	Drizzle 4 tablespoons ice water over mixture. Process just until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic. Chill 1 hour.
	Roll out dough between 2 sheets of plastic wrap to 14-inch round.
	Transfer dough to 9-inch-diameter glass pie dish. Fold overhang under. Crimp edges decoratively. Pierce bottom of crust all over with fork. Freeze crust 15 minutes. (Can be made 1 day ahead. Keep frozen.)
	Preheat oven to 375°F. Line crust with aluminum foil. Fill with pie weights or dried beans.
	Bake 20 minutes.
	Remove weights and foil.

Ш	Serve cold.  Nutrition Facts
	Sprinkle evenly with toasted coconut. (Can be prepared 4 hours ahead. Cover and refrigerate.)
	Spread whipped cream all over top of filling.
	Using electric mixer, beat cream, sugar, and coconut extract in medium bowl until peaks form.
	Toast coconut in heavy small skillet over medium heat until lightly browned, stirring occasionally, about 3 minutes. Cool completely.
	Transfer filling to crust. Cover; chill overnight.
	Transfer pastry cream to medium bowl. Press plastic wrap directly onto surface to prevent formation of skin. Chill until cold, at least 2 hours and up to 1 day.
	Mix in vanilla and coconut extracts.
	Remove from heat.
	Whisk 1/2 cup sugar, eggs, egg yolk, and flour in medium bowl. Bring milk and coconut to simmer in medium saucepan over medium heat. Gradually add hot milk mixture to egg mixture, whisking constantly. Return to same saucepan; cook until pastry cream thickens and boils, stirring constantly, about 4 minutes.
	Let stand at room temperature.)
Ш	Bake until golden and set, about 10 minutes. Cool. (Crust can be made 1 day ahead. Wrap tightly with plastic wrap.

## **Properties**

Glycemic Index:22.89, Glycemic Load:4.46, Inflammation Score:-5, Nutrition Score:6.1704347353915%

## Nutrients (% of daily need)

Calories: 352.07kcal (17.6%), Fat: 31.98g (49.2%), Saturated Fat: 18.47g (115.41%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.46g (4.17%), Sugar: 9.03g (10.04%), Cholesterol: 139.54mg (46.51%), Sodium: 213.59mg (9.29%), Alcohol: 0.2g (100%), Alcohol %: 0.19% (100%), Protein: 5.07g (10.14%), Vitamin A: 981.31IU (19.63%), Selenium: 9.23µg (13.19%), Vitamin B2: 0.22mg (13%), Phosphorus: 113.49mg (11.35%), Vitamin D: 1.62µg (10.8%), Calcium: 94.74mg (9.47%), Vitamin B12: 0.48µg (7.95%), Vitamin E: 1.09mg (7.27%), Vitamin B5: 0.59mg (5.87%), Manganese: 0.1mg (4.81%), Vitamin K: 4.68µg (4.45%), Potassium: 155.56mg (4.44%), Vitamin B1: 0.07mg (4.43%),

Folate:  $16.14\mu g$  (4.03%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.67%), Magnesium: 14.29mg (3.57%), Iron: 0.56mg (3.11%), Fiber: 0.78g (3.11%), Copper: 0.04mg (2.19%), Vitamin B3: 0.3mg (1.52%)