



Coconut Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



774 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 servings garnish: coconut toasted
- ☐ 0.3 cup cornstarch
- ☐ 4 egg yolks
- ☐ 2 cups half-and-half
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 cup coconut or sweetened flaked

- ☐ 2.5 teaspoons vanilla extract divided
- ☐ 2 cups whipping cream

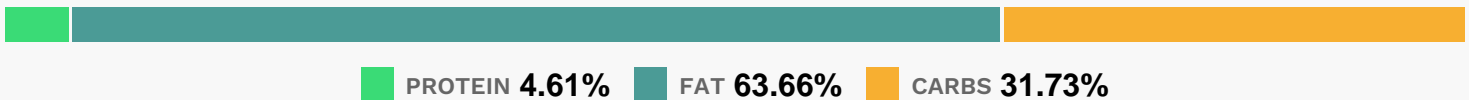
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Fit 1 piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp. Prick bottom and sides of piecrust with a fork.
- ☐ Bake according to package directions for a one-crust pie.
- ☐ Combine 1/2 cup sugar and cornstarch in a heavy saucepan.
- ☐ Whisk together half-and-half and egg yolks. Gradually whisk egg mixture into sugar mixture; bring to a boil over medium heat, whisking constantly. Boil 1 minute; remove from heat.
- ☐ Stir in butter, 1 cup coconut, and 1 teaspoon vanilla. Cover with plastic wrap, placing plastic wrap directly on filling in pan; let stand 30 minutes. Spoon custard mixture into prepared crust, cover and chill 30 minutes or until set.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy; gradually add 1/3 cup sugar and remaining 1 1/2 teaspoons vanilla, beating until soft peaks form.
- ☐ Spread or pipe whipped cream over pie filling.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:14.61, Inflammation Score:-7, Nutrition Score:11.512173891068%

Nutrients (% of daily need)

Calories: 774kcal (38.7%), Fat: 55.33g (85.13%), Saturated Fat: 31.61g (197.55%), Carbohydrates: 62.04g (20.68%), Net Carbohydrates: 58.73g (21.36%), Sugar: 29.77g (33.08%), Cholesterol: 196.9mg (65.63%), Sodium: 341.42mg (14.84%), Alcohol: 0.43g (100%), Alcohol %: 0.23% (100%), Protein: 9.01g (18.02%), Vitamin A: 1350.33IU (27.01%), Manganese: 0.5mg (24.94%), Vitamin B2: 0.38mg (22.21%), Selenium: 14.8µg (21.14%), Phosphorus: 189.14mg (18.91%), Folate: 57.62µg (14.4%), Vitamin B1: 0.2mg (13.38%), Fiber: 3.32g (13.27%), Calcium: 129.97mg (13%), Iron: 2.15mg (11.96%), Vitamin D: 1.44µg (9.59%), Vitamin E: 1.32mg (8.81%), Vitamin B5: 0.86mg (8.62%), Vitamin B3: 1.68mg (8.38%), Potassium: 275.36mg (7.87%), Magnesium: 27.63mg (6.91%), Copper: 0.14mg (6.9%), Zinc: 1.02mg (6.81%), Vitamin K: 7.02µg (6.69%), Vitamin B12: 0.39µg (6.58%), Vitamin B6: 0.12mg (5.91%), Vitamin C: 1.23mg (1.49%)