



Coconut Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



1063 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup coconut milk light
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 10 inch piecrust or) package pie dough refrigerated (such as Pillsbury)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 0.7 cup sugar
- ☐ 1 tablespoon coconut or sweetened flaked toasted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

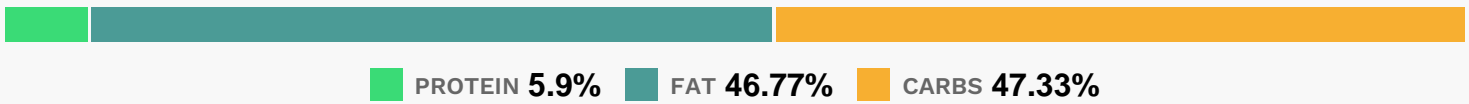
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ broiler
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Prepare and bake Piecrust in a 10-inch deep-dish pie plate. Cool completely on a wire rack.
- ☐ To prepare filling, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1/2 cup sugar, salt, and eggs in a large bowl; stir well with a whisk.
- ☐ Heat milk and coconut milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk mixture to sugar mixture, stirring constantly with a whisk.
- ☐ Place mixture in pan; cook over medium heat until thick and bubbly (about 10 minutes), stirring constantly.
- ☐ Remove from heat. Spoon custard into a bowl; place bowl in a large ice-filled bowl for 10 minutes or until custard comes to room temperature, stirring occasionally.

- ☐ Remove bowl from ice. Stir in extracts; spoon mixture into prepared crust. Cover and chill 8 hours or until firm.
- ☐ Preheat broiler.
- ☐ To prepare meringue, place egg whites in a large bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Combine 2/3 cup sugar and water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form.
- ☐ Spread meringue over chilled pie, and sprinkle with coconut. Broil for 1 minute or until meringue is lightly browned; cool 5 minutes on a wire rack.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.52, Glycemic Load:18.01, Inflammation Score:-5, Nutrition Score:15.637391149026%

Nutrients (% of daily need)

Calories: 1063.39kcal (53.17%), Fat: 54.98g (84.58%), Saturated Fat: 18.25g (114.05%), Carbohydrates: 125.15g (41.72%), Net Carbohydrates: 119.92g (43.61%), Sugar: 24.87g (27.63%), Cholesterol: 38.62mg (12.87%), Sodium: 903.35mg (39.28%), Alcohol: 0.08g (100%), Alcohol %: 0.03% (100%), Protein: 15.61g (31.22%), Manganese: 0.93mg (46.37%), Vitamin B1: 0.59mg (39.07%), Folate: 151.74µg (37.94%), Iron: 5.57mg (30.92%), Vitamin B2: 0.48mg (28.37%), Vitamin B3: 5.63mg (28.15%), Selenium: 18.33µg (26.19%), Fiber: 5.23g (20.92%), Phosphorus: 186.44mg (18.64%), Vitamin K: 14.67µg (13.98%), Vitamin B5: 1.06mg (10.61%), Magnesium: 35.76mg (8.94%), Copper: 0.17mg (8.61%), Zinc: 1.15mg (7.68%), Potassium: 258.2mg (7.38%), Vitamin E: 1.03mg (6.88%), Calcium: 66.62mg (6.66%), Vitamin B6: 0.13mg (6.3%), Vitamin B12: 0.19µg (3.2%), Vitamin A: 74.05IU (1.48%), Vitamin D: 0.2µg (1.33%)