



Coconut Cream Pie

READY IN



20 min.

SERVINGS



8

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 3 egg yolks
- ☐ 2.5 teaspoons gelatin powder unflavored
- ☐ 1.5 cups heavy cream chilled well
- ☐ 3 cups milk
- ☐ 1 baked pie shell
- ☐ 4 tablespoons powdered sugar
- ☐ 0.5 cup sugar

- ☐ 1.5 cups coconut or shredded sweetened toasted
- ☐ 0.5 teaspoon vanilla
- ☐ 1 tablespoon teaspoon vanilla vanilla extract pure
- ☐ 1 large eggs whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Place 1/2 cup cold milk in a mixing bowl and sprinkle with the gelatin, stirring once or twice to moisten. Set aside to soften for about 5 minutes. Bring the remaining 2 1/2 cups milk nearly to a boil in a heavy non-reactive saucepan over medium heat. When the gelatin is soft, add the sugar, cornstarch, egg and egg yolks and whisk until very well blended. Gradually whisk a little of the hot milk into the gelatin mixture; repeat this process once or twice using about 3/4 cup of the hot milk total.
- ☐ Pour the warmed gelatin mixture into the saucepan with the hot milk and bring the mixture to a boil, whisking. Boil, whisking constantly, for about 2 minutes. Strain the pastry cream into a clean bowl; whisk in the butter and vanilla until smooth.
- ☐ Place a sheet of wax paper or plastic wrap directly on the surface of the pastry cream and refrigerate. Whip the 1 1/2 cups cream until nearly stiff. Stir in the powdered sugar and vanilla. Gently fold a little over half of it into the pastry cream.
- ☐ Sprinkle a big handful of the coconut in the bottom of the baked pie shell.
- ☐ Pour the filling into the cooled baked pie shell, mounding the filling in the center. Chill for about 30 minutes.
- ☐ Spread reserved whipped cream over Bavarian cream and sprinkle top with remaining toasted coconut. Chill for a few hours or until set.

Nutrition Facts



PROTEIN 6.73% **FAT 60.08%** **CARBS 33.19%**

Properties

Glycemic Index:19.76, Glycemic Load:10.35, Inflammation Score:-6, Nutrition Score:10.333043439233%

Nutrients (% of daily need)

Calories: 532.56kcal (26.63%), Fat: 35.83g (55.13%), Saturated Fat: 21.65g (135.31%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 43.21g (15.71%), Sugar: 29.68g (32.97%), Cholesterol: 165.08mg (55.03%), Sodium: 215.75mg (9.38%), Alcohol: 0.64g (100%), Alcohol %: 0.38% (100%), Protein: 9.04g (18.07%), Manganese: 0.53mg (26.48%), Vitamin A: 1022.98IU (20.46%), Selenium: 13.55µg (19.35%), Phosphorus: 192.31mg (19.23%), Vitamin B2: 0.32mg (18.99%), Calcium: 162.75mg (16.28%), Vitamin D: 2.21µg (14.73%), Vitamin B12: 0.76µg (12.65%), Vitamin B5: 0.97mg (9.67%), Vitamin B1: 0.14mg (9.26%), Vitamin B6: 0.16mg (8.14%), Potassium: 277.37mg (7.92%), Folate: 31.28µg (7.82%), Zinc: 1.13mg (7.55%), Iron: 1.26mg (6.99%), Magnesium: 27.51mg (6.88%), Vitamin E: 0.94mg (6.27%), Copper: 0.12mg (5.79%), Fiber: 1.33g (5.31%), Vitamin B3: 0.8mg (3.98%), Vitamin K: 3.62µg (3.44%)