



Coconut Cream Pie IV

READY IN



45 min.

SERVINGS



10

CALORIES



991 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 1 cup coconut or flaked
- 0.3 cup cornstarch
- 3 egg whites
- 3 egg yolks
- 2 cups milk
- 9 inch pie shell
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

6 tablespoons sugar white

Equipment

bowl

sauce pan

oven

Directions

Combine 3/4 cup sugar, cornstarch, salt and milk in a heavy saucepan. Cook over medium-high heat, stirring constantly, until thick and bubbly. Continue to boil for one minute.

Remove from heat.

In a medium bowl, beat the 3 egg yolks. Gradually stir in 1/4 of the hot mixture into yolks.

Pour yolks back into remaining hot mixture stirring constantly. Cook, stirring constantly, 30 seconds.

Remove from heat and add butter, vanilla and coconut.

Pour into baked pie shell. Cool in refrigerator.

Preheat the oven to 375 degrees F (190 degrees C)

In a medium glass or metal bowl, beat egg whites until frothy. Slowly add 6 tablespoons sugar while continuing to beat until whites form stiff peaks.

Spread meringue over pie, sealing to the edges and sprinkle with coconut.

Bake in the preheated oven until meringue is toasted, 10 to 15 minutes.

Nutrition Facts



PROTEIN 6.13% **FAT 52.53%** **CARBS 41.34%**

Properties

Glycemic Index:15.81, Glycemic Load:5.89, Inflammation Score:-5, Nutrition Score:16.457826154388%

Nutrients (% of daily need)

Calories: 991.19kcal (49.56%), Fat: 57.71g (88.79%), Saturated Fat: 22.41g (140.08%), Carbohydrates: 102.21g (34.07%), Net Carbohydrates: 96.29g (35.02%), Sugar: 10.3g (11.45%), Cholesterol: 70.2mg (23.4%), Sodium:

851.96mg (37.04%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 15.15g (30.29%), Manganese: 1.04mg (51.89%), Vitamin B1: 0.54mg (35.83%), Folate: 135.09µg (33.77%), Iron: 5.14mg (28.54%), Vitamin B2: 0.45mg (26.62%), Selenium: 17.74µg (25.35%), Vitamin B3: 4.98mg (24.88%), Fiber: 5.91g (23.66%), Phosphorus: 219.92mg (21.99%), Vitamin K: 13.55µg (12.9%), Vitamin B5: 1.16mg (11.61%), Copper: 0.21mg (10.59%), Magnesium: 41.97mg (10.49%), Calcium: 104.92mg (10.49%), Potassium: 316.03mg (9.03%), Zinc: 1.31mg (8.76%), Vitamin B6: 0.16mg (8.24%), Vitamin E: 1.09mg (7.29%), Vitamin B12: 0.38µg (6.36%), Vitamin D: 0.83µg (5.52%), Vitamin A: 228.7IU (4.57%)