



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.

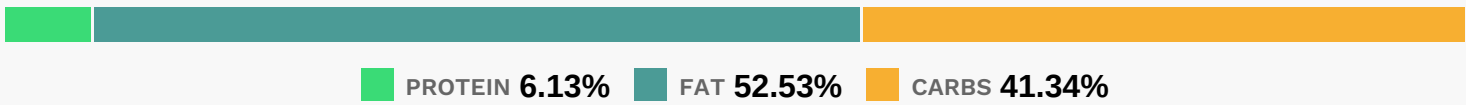
☐ Preheat the oven to 375 degrees F (190 degrees C)

☐ 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



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%)