



## Coconut Cream Pie VII

READY IN



45 min.

SERVINGS



10

CALORIES



297 kcal

DESSERT

### Ingredients

- 4 teaspoons butter
- 1.3 cups coconut or shredded
- 3 tablespoons cornstarch
- 3 egg yolks beaten
- 1.1 cups evaporated milk
- 4 teaspoons flour all-purpose
- 2.3 cups milk
- 19-inch pie crust ()
- 0.5 teaspoon salt

- 1.5 teaspoons vanilla extract
- 0.7 cup sugar white

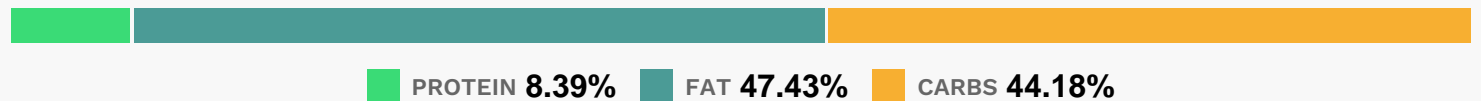
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In a medium saucepan, combine sugar, salt, cornstarch, and flour. Gradually stir in milk, evaporated milk, and coconut. Cook over low heat, stirring constantly, until mixture comes to a boil. Boil 1 minute, continuing to stir.
- Remove from heat.
- Place egg yolks in a medium bowl. Slowly pour 1 cup of milk mixture into egg yolks, whisking constantly.
- Whisk egg yolk mixture back into remaining milk mixture in saucepan.
- Return mixture to heat. Bring to a boil, then boil for one minute, stirring constantly.
- Remove from heat. Stir in butter or margarine and vanilla extract.
- Pour mixture into baked pastry shell. Chill at least 3 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.31, Glycemic Load:10.79, Inflammation Score:-2, Nutrition Score:6.8113043411918%

## Nutrients (% of daily need)

Calories: 297.22kcal (14.86%), Fat: 15.79g (24.3%), Saturated Fat: 8.67g (54.17%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 31.6g (11.49%), Sugar: 19.57g (21.74%), Cholesterol: 77.43mg (25.81%), Sodium: 266.99mg (11.61%), Alcohol: 0.21g (100%), Alcohol %: 0.19% (100%), Protein: 6.28g (12.57%), Phosphorus: 162.2mg (16.22%), Calcium: 154.7mg (15.47%), Vitamin B2: 0.24mg (13.98%), Manganese: 0.26mg (13.21%), Selenium: 7.38µg (10.54%), Vitamin B1: 0.12mg (8.14%), Vitamin B12: 0.45µg (7.51%), Folate: 28.45µg (7.11%), Potassium: 234.1mg (6.69%),

Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.92µg (6.16%), Fiber: 1.5g (6.01%), Iron: 1.04mg (5.76%), Vitamin A: 284.74IU (5.69%), Zinc: 0.79mg (5.24%), Magnesium: 20.44mg (5.11%), Vitamin B6: 0.08mg (4.14%), Vitamin B3: 0.76mg (3.81%), Copper: 0.07mg (3.72%), Vitamin E: 0.38mg (2.51%), Vitamin K: 2µg (1.9%), Vitamin C: 0.89mg (1.08%)