



Coconut Cream Pie with Coconut Milk

READY IN



40 min.

SERVINGS



10

CALORIES



1055 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups lite coconut milk
- ☐ 9 inch crust
- ☐ 0.5 cup coconut or shredded sweetened toasted

- ☐ 1 teapoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups whipping cream chilled

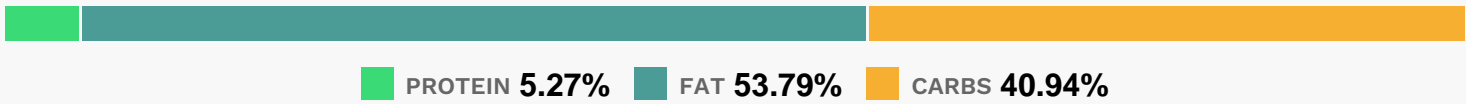
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Whisk sugar, eggs, egg yolk, and flour in a medium bowl.Bring coconut milk to a simmer in a medium saucepan over medium heat. Gradually add hot coconut milk to egg mixture, whisking constantly. Return to same saucepan; cook until pastry cream thickens and boils, stirring constantly, for about 4 minutes.
- ☐ Remove from heat.
- ☐ Mix in coconut, vanilla and coconut extracts.
- ☐ Pour filling over baked crust and let cool slightly. Cover with a piece of parchment or wax paper and chill until firm and cold.Using electric mixer, beat cream until soft peaks form. Beat in sugar, and extract.
- ☐ Spread whipped cream all over top of filling (or pipe it around edges).
- ☐ Sprinkle evenly with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:15.287391040636%

Nutrients (% of daily need)

Calories: 1055.11kcal (52.76%), Fat: 62.72g (96.49%), Saturated Fat: 25.42g (158.89%), Carbohydrates: 107.39g (35.8%), Net Carbohydrates: 102.62g (37.32%), Sugar: 16.83g (18.71%), Cholesterol: 89.18mg (29.73%), Sodium: 796.32mg (34.62%), Alcohol: 0.21g (100%), Alcohol %: 0.1% (100%), Protein: 13.83g (27.65%), Manganese: 0.93mg (46.42%), Vitamin B1: 0.53mg (35.14%), Folate: 138.85µg (34.71%), Iron: 5.13mg (28.5%), Vitamin B2: 0.43mg (25.4%), Vitamin B3: 5.04mg (25.22%), Selenium: 16.77µg (23.96%), Fiber: 4.76g (19.05%), Phosphorus: 180.57mg (18.06%), Vitamin K: 14.15µg (13.48%), Vitamin B5: 1.05mg (10.52%), Vitamin A: 517.64IU (10.35%), Vitamin E: 1.27mg (8.46%), Magnesium: 33.19mg (8.3%), Copper: 0.17mg (8.28%), Zinc: 1.15mg (7.66%), Vitamin B6: 0.14mg (6.84%), Potassium: 237.29mg (6.78%), Calcium: 62.85mg (6.28%), Vitamin D: 0.77µg (5.12%), Vitamin B12: 0.17µg (2.83%)