



WHATSheATE



## Coconut Cream Pie with Pineapple

READY IN



45 min.

SERVINGS



8

CALORIES



321 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 0.3 cup cornstarch
- ☐ 2 tablespoons cream of coconut (such as Coco Lopez)
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose divided
- ☐ 3 tablespoons water
- ☐ 1.5 cups milk 1% low-fat
- ☐ 8.3 ounce pineapple crushed canned
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup shortening
- ☐ 1.5 cups cool whip fat-free frozen thawed

## Equipment

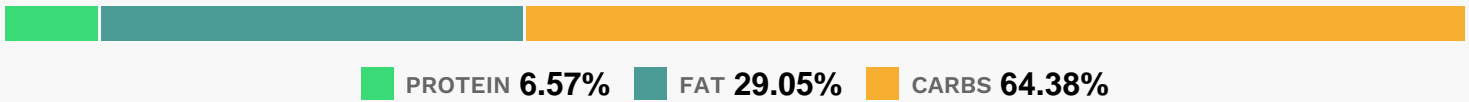
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup
- ☐ colander

## Directions

- ☐ Preheat oven to 42
- ☐ To prepare crust, lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine 1/4 cup flour and water; stir with a whisk until well-blended.
- ☐ Combine 3/4 cup flour, 2 tablespoons sugar, and 1/8 teaspoon salt in a bowl; cut in shortening with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add slurry; mix with a fork until flour mixture is moist.

- ☐ Press mixture gently into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle. Freeze for 10 minutes.
- ☐ Remove 1 sheet of plastic wrap, and fit the dough into a 9-inch pie plate coated with cooking spray.
- ☐ Remove the top sheet of plastic wrap. Fold edges under, and flute. Line the dough with a piece of foil, and arrange pie weights or dried beans on foil.
- ☐ Bake at 425 for 20 minutes or until the edge is lightly browned.
- ☐ Remove pie weights and foil; cool crust on a wire rack.
- ☐ To prepare filling, drain pineapple in a colander, and spoon into the prepared crust.
- ☐ Combine 3/4 cup sugar, cornstarch, and 1/4 teaspoon salt in a saucepan, and stir in milk. Bring to a boil; cook for 1 minute, stirring with a whisk. Gradually add about 1/3 cup hot custard to beaten eggs; stir constantly with a whisk. Return egg mixture to pan. Cook for 2 minutes or until thick, stirring constantly.
- ☐ Remove mixture from heat; stir in cream of coconut and extracts. Spoon mixture into the prepared crust. Cover surface of filling with plastic wrap; chill until set (about 2 hours).
- ☐ Remove plastic wrap, and spread whipped topping evenly over filling.
- ☐ Sprinkle with coconut.

## Nutrition Facts



## Properties

Glycemic Index:26.9, Glycemic Load:23.81, Inflammation Score:-2, Nutrition Score:6.7486956015877%

## Nutrients (% of daily need)

Calories: 321.36kcal (16.07%), Fat: 10.51g (16.17%), Saturated Fat: 4.09g (25.55%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 51.11g (18.59%), Sugar: 34.59g (38.43%), Cholesterol: 50.96mg (16.99%), Sodium: 165.83mg (7.21%), Alcohol: 0.1g (100%), Alcohol %: 0.08% (100%), Protein: 5.35g (10.7%), Vitamin B2: 0.29mg (17.31%), Selenium: 11.27µg (16.1%), Vitamin B1: 0.21mg (13.68%), Phosphorus: 102mg (10.2%), Folate: 39.29µg (9.82%), Vitamin B12: 0.59µg (9.82%), Calcium: 85.88mg (8.59%), Manganese: 0.14mg (7.04%), Iron: 1.11mg (6.14%), Vitamin B3: 1.14mg (5.68%), Fiber: 1.32g (5.26%), Vitamin D: 0.74µg (4.91%), Potassium: 166.35mg (4.75%), Vitamin B6: 0.09mg (4.74%), Vitamin B5: 0.47mg (4.67%), Magnesium: 17.33mg (4.33%), Copper: 0.08mg (3.92%), Vitamin A: 193.46IU

(3.87%), Vitamin E: 0.56mg (3.74%), Zinc: 0.56mg (3.72%), Vitamin K: 3.78µg (3.6%), Vitamin C: 2.75mg (3.33%)