



Coconut Cream Pies

READY IN



45 min.

SERVINGS



16

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon honey
- ☐ 14 ounce coconut milk light canned
- ☐ 32 oatmeal cookies (such as Nabisco Family Favorites)
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.5 cups milk whole

Equipment

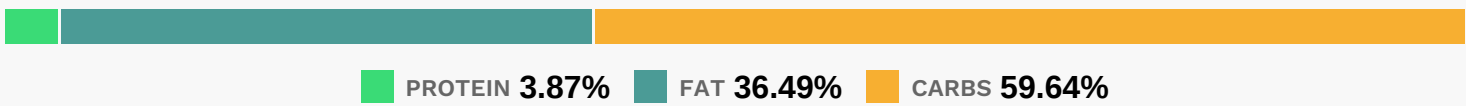
- ☐ blender

☐ plastic wrap

Directions

- ☐ To prepare filling, combine first 5 ingredients in a blender; process until smooth.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Spread about 3 tablespoons filling on the flat side of each of 16 cookies; top with remaining cookies, flat sides down, pressing gently. Wrap each sandwich tightly in plastic wrap; freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:17.7, Inflammation Score:-1, Nutrition Score:2.4021738927164%

Nutrients (% of daily need)

Calories: 189.31kcal (9.47%), Fat: 7.66g (11.79%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 27.92g (10.15%), Sugar: 18.97g (21.08%), Cholesterol: 2.74mg (0.92%), Sodium: 118.31mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin B2: 0.1mg (5.72%), Vitamin B1: 0.08mg (5.56%), Manganese: 0.09mg (4.41%), Folate: 16.23µg (4.06%), Phosphorus: 36.36mg (3.64%), Vitamin B3: 0.68mg (3.41%), Iron: 0.61mg (3.38%), Vitamin E: 0.5mg (3.33%), Calcium: 30.95mg (3.1%), Selenium: 1.76µg (2.51%), Vitamin K: 2.27µg (2.16%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.25µg (1.68%), Potassium: 52.85mg (1.51%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.03mg (1.42%), Magnesium: 5.57mg (1.39%), Zinc: 0.2mg (1.31%), Vitamin A: 54.26IU (1.09%), Fiber: 0.26g (1.05%)