



Coconut Cream Tarts

READY IN



438 min.

SERVINGS



7

CALORIES



453 kcal

DESSERT

Ingredients

- ☐ 7 servings additional coconut
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.8 cup sugar
- ☐ 1 cup coconut or sweetened flaked
- ☐ 7 servings whipped cream sweetened
- ☐ 8 oz phyllo tart shells frozen
- ☐ 1 tablespoon vanilla extract

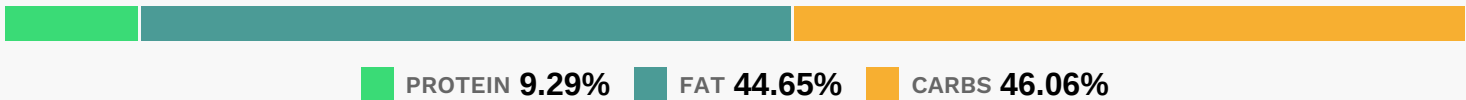
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together sugar, flour, eggs, and milk in a heavy saucepan. Cook over medium heat, whisking constantly, 10 minutes or until a chilled pudding-like thickness.
- ☐ Remove from heat; stir in 1 cup sweetened coconut and vanilla. Cover and chill 6 to 24 hours.
- ☐ Bake frozen tart shells according to package directions, and cool completely. Spoon custard into tart shells. Dollop with sweetened whipped cream; sprinkle with additional coconut.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:19.96, Inflammation Score:-2, Nutrition Score:8.8873913016008%

Nutrients (% of daily need)

Calories: 452.61kcal (22.63%), Fat: 22.42g (34.49%), Saturated Fat: 13.06g (81.65%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 48.22g (17.54%), Sugar: 32.21g (35.79%), Cholesterol: 126.99mg (42.33%), Sodium: 197.31mg (8.58%), Alcohol: 0.64g (100%), Alcohol %: 0.43% (100%), Protein: 10.49g (20.98%), Iron: 4.25mg (23.62%), Selenium: 15.29µg (21.84%), Phosphorus: 162.31mg (16.23%), Manganese: 0.32mg (16.15%), Vitamin B2: 0.27mg (15.87%), Fiber: 3.81g (15.22%), Calcium: 111.86mg (11.19%), Vitamin B12: 0.65µg (10.8%), Vitamin D: 1.36µg (9.08%), Vitamin B5: 0.79mg (7.9%), Vitamin B1: 0.11mg (7.2%), Potassium: 241.8mg (6.91%), Folate: 27.47µg (6.87%), Vitamin A: 308.32IU (6.17%), Zinc: 0.92mg (6.12%), Magnesium: 23.38mg (5.84%), Copper: 0.11mg (5.63%), Vitamin B6: 0.11mg (5.29%), Vitamin B3: 0.6mg (2.98%), Vitamin E: 0.4mg (2.67%)