



Coconut Custard Pie III

READY IN



45 min.

SERVINGS



10

CALORIES



972 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or shredded
- ☐ 4 eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2.5 cups milk
- ☐ 9 inch pie shell
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

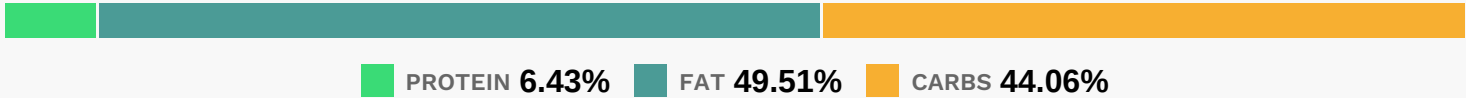
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl beat eggs then stir in sugar, salt, nutmeg or cinnamon, and vanilla extract.
- ☐ Heat milk in a small saucepan then pour milk slowly into egg mixture, whisking constantly. Stir in coconut, then pour mixture into pastry shell.
- ☐ Bake in preheated oven for 30 minutes, or until knife inserted in center comes out clean.
- ☐ Serve slightly warm or chilled. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:11.61, Inflammation Score:-5, Nutrition Score:16.3899999931273%

Nutrients (% of daily need)

Calories: 971.85kcal (48.59%), Fat: 53.3g (82%), Saturated Fat: 18.76g (117.25%), Carbohydrates: 106.72g (35.57%), Net Carbohydrates: 101.49g (36.91%), Sugar: 18.53g (20.59%), Cholesterol: 72.79mg (24.26%), Sodium: 844.3mg (36.71%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 15.58g (31.15%), Manganese: 0.93mg (46.3%), Vitamin B1: 0.54mg (36.11%), Folate: 136.39µg (34.1%), Iron: 5.19mg (28.85%), Vitamin B2: 0.48mg (27.97%), Selenium: 17.72µg (25.32%), Vitamin B3: 4.98mg (24.91%), Phosphorus: 235.23mg (23.52%), Fiber: 5.23g (20.92%), Vitamin K: 13.39µg (12.75%), Vitamin B5: 1.25mg (12.5%), Calcium: 120.53mg (12.05%), Magnesium: 39.13mg (9.78%), Copper: 0.19mg (9.25%), Zinc: 1.38mg (9.19%), Potassium: 319.95mg (9.14%), Vitamin B12: 0.49µg (8.1%), Vitamin B6: 0.16mg (8.08%), Vitamin E: 1.06mg (7.08%), Vitamin D: 1.02µg (6.82%), Vitamin A: 195.71IU (3.91%)