



## Coconut Custard Pie V

READY IN



60 min.

SERVINGS



16

CALORIES



1162 kcal

DESSERT

### Ingredients

- 2 cups coconut or flaked
- 4 egg whites
- 4 egg yolks
- 0.3 cup flour all-purpose
- 2 cups milk
- 18 inch pie shells
- 1.5 teaspoons vanilla extract
- 0.3 cup sugar white

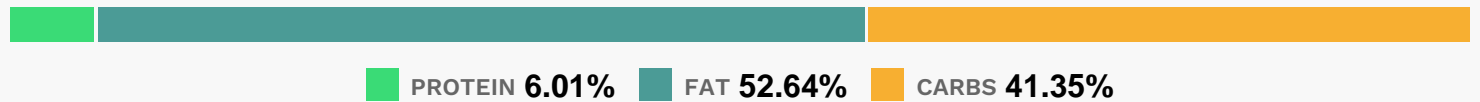
## Equipment

- oven
- mixing bowl
- double boiler

## Directions

- Preheat oven to 350 degrees F (175 degrees C.)
- In the top of a double boiler, combine egg yolks, milk, 2 cups sugar and flour. Cook, stirring constantly until thickened.
- Remove from heat and stir in the vanilla and coconut.
- Pour into 2 pie shells.
- In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add 1/3 cup white sugar, continuing to beat until stiff peaks form.
- Spread meringue over pies, covering completely.
- Bake in the preheated oven for 8 to 10 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:11.44, Glycemic Load:4.89, Inflammation Score:-5, Nutrition Score:19.243043575598%

## Nutrients (% of daily need)

Calories: 1161.67kcal (58.08%), Fat: 67.73g (104.21%), Saturated Fat: 25.44g (158.99%), Carbohydrates: 119.73g (39.91%), Net Carbohydrates: 112.31g (40.84%), Sugar: 6.54g (7.27%), Cholesterol: 52.26mg (17.42%), Sodium: 950.51mg (41.33%), Alcohol: 0.13g (100%), Alcohol %: 0.06% (100%), Protein: 17.39g (34.79%), Manganese: 1.31mg (65.47%), Vitamin B1: 0.67mg (44.73%), Folate: 170.09µg (42.52%), Iron: 6.45mg (35.86%), Vitamin B3: 6.34mg (31.68%), Vitamin B2: 0.51mg (29.76%), Fiber: 7.43g (29.71%), Selenium: 20.3µg (29%), Phosphorus: 236.2mg (23.62%), Vitamin K: 16.59µg (15.8%), Copper: 0.26mg (13.16%), Vitamin B5: 1.27mg (12.7%), Magnesium: 48.64mg (12.16%), Zinc: 1.48mg (9.84%), Potassium: 342.25mg (9.78%), Vitamin B6: 0.18mg (9.02%), Calcium: 89.83mg (8.98%), Vitamin E: 1.21mg (8.1%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.58µg (3.86%), Vitamin A: 116.55IU (2.33%)