



## Coconut Custard (Zucchini) Pie

READY IN



80 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

### Ingredients

- 3 eggs
- 1 pinch ground nutmeg
- 1.5 cups milk
- 1 pinch salt
- 0.7 cup sugar
- 1 cup coconut or sweetened divided flaked
- 19-inch unbaked pie crust ()
- 1 teaspoon vanilla extract
- 1 cup zucchini peeled chopped

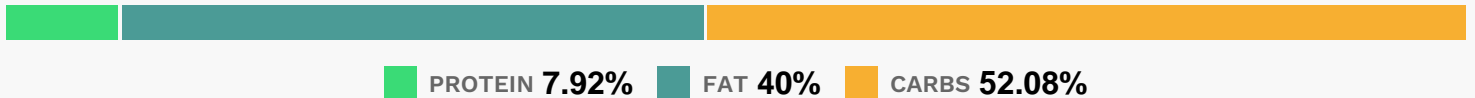
## Equipment

- food processor
- sauce pan
- oven
- knife
- blender

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Heat 1 inch of water to a boil in a small saucepan over medium heat.
- Add zucchini, cover, and steam until softened, about 5 minutes.
- In a blender or food processor, blend the cooked zucchini, 3/4 cup coconut, sugar, milk, eggs, vanilla extract, and salt until smooth.
- Pour into the pie crust, and sprinkle with remaining coconut and nutmeg.
- Bake 10 minutes in the preheated oven. Reduce heat to 350 degrees F (175 degrees C), and continue baking 50 minutes, or until a knife inserted in the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:24.14, Glycemic Load:12.52, Inflammation Score:-2, Nutrition Score:6.2008695291436%

## Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 282.64kcal (14.13%), Fat: 12.67g (19.5%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 35.26g (12.82%), Sugar: 23.29g (25.88%), Cholesterol: 66.87mg (22.29%), Sodium: 179.66mg (7.81%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.65g (11.29%), Selenium: 9.2µg (13.15%), Manganese: 0.25mg (12.59%), Vitamin B2: 0.2mg (11.82%), Phosphorus: 113.69mg (11.37%), Calcium: 74.37mg (7.44%), Fiber: 1.86g (7.43%), Folate: 29.39µg (7.35%), Vitamin B1: 0.11mg (7.34%), Vitamin B12: 0.39µg (6.57%), Iron:

1.17mg (6.5%), Vitamin B5: 0.57mg (5.72%), Potassium: 195.97mg (5.6%), Vitamin D: 0.83µg (5.56%), Magnesium: 19.72mg (4.93%), Vitamin B6: 0.1mg (4.86%), Vitamin B3: 0.88mg (4.42%), Zinc: 0.64mg (4.29%), Vitamin A: 194.59IU (3.89%), Copper: 0.07mg (3.67%), Vitamin C: 2.78mg (3.37%), Vitamin K: 2.68µg (2.55%), Vitamin E: 0.33mg (2.2%)