



Coconut Macaroon Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 1.5 cups coconut or flaked
- 2 eggs
- 0.3 cup flour all-purpose
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 0.5 cup water
- 1.5 cups sugar white

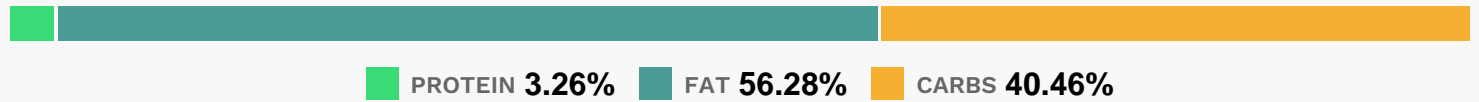
Equipment

oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Place pecans in bottom of pie shell.
- Combine melted butter, coconut, salt, water, flour, sugar, and slightly beaten eggs.
- Pour filling over pecans in crust.
- Bake for 45 minutes, or until golden brown. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:28.37, Inflammation Score:-3, Nutrition Score:6.5721739012262%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 428.31kcal (21.42%), Fat: 27.9g (42.92%), Saturated Fat: 17.18g (107.39%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 41.78g (15.19%), Sugar: 38.93g (43.25%), Cholesterol: 71.42mg (23.81%), Sodium: 186.61mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.78mg (38.77%), Fiber: 3.36g (13.43%), Selenium: 8.28µg (11.82%), Copper: 0.23mg (11.36%), Vitamin A: 417.76IU (8.36%), Phosphorus: 81.11mg (8.11%), Magnesium: 25.2mg (6.3%), Vitamin B2: 0.11mg (6.25%), Iron: 1.1mg (6.1%), Vitamin B1: 0.09mg (6.02%), Zinc: 0.82mg (5.44%), Vitamin B6: 0.08mg (4.15%), Vitamin E: 0.61mg (4.08%), Potassium: 138mg (3.94%), Folate: 15.68µg (3.92%), Vitamin B5: 0.39mg (3.88%), Vitamin B3: 0.42mg (2.1%), Vitamin B12: 0.12µg (2.03%), Calcium: 19.93mg (1.99%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.32µg (1.26%)