



## Coconut Macaroon Pumpkin Pie



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1.5 tsp cinnamon
- ☐ 1.5 tbsp potato flour
- ☐ 4 egg whites separated for filling
- ☐ 2 egg yolk
- ☐ 1 cup coconut milk
- ☐ 0.3 tsp ground ginger
- ☐ 0.3 tsp nutmeg

- ☐ 2 cups pumpkin pie filling/mix plain (, not spiced pumpkin pie filling)
- ☐ 0.3 tsp salt
- ☐ 0.5 cup sugar
- ☐ 2.5 cups coconut shredded unsweetened
- ☐ 1.5 tsp vanilla

## Equipment

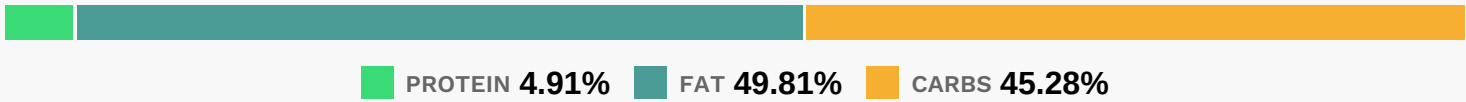
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil
- ☐ pastry brush
- ☐ pie form

## Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Coconut Macaroon Pumpkin Pie
- ☐ Macaroon Crust Ingredients2 1/2 cups shredded unsweetened coconut1/2 cup sugar1 1/2 tbsp potato starch or corn starch1/4 tsp salt4 egg whites, plus one additional egg white, separated (reserve 4 yolks for filling)1 tsp vanilla
- ☐ Pareve Pumpkin Filling2 cups pumpkin puree (plain, not spiced pumpkin pie filling)1 cup full fat coconut milk2 eggs, plus 4 reserved yolks from crust1/2 cup sugar1/2 cup brown sugar1 1/2 tsp vanilla1 1/2 tsp cinnamon1/4 tsp ground ginger1/4 tsp nutmeg1/4 tsp saltpinch cloves
- ☐ You will also need
- ☐ Mixing bowls, whisk, non-stick cooking spray, 9 inch pie dish, aluminum foil, pastry brush, blender, saucepan
- ☐ Cook Time: 2 Hours
- ☐ Servings: One 9-inch deep dish pie

Kosher Key: Pareve

# Nutrition Facts



## Properties

Glycemic Index:30.26, Glycemic Load:9.52, Inflammation Score:-10, Nutrition Score:16.437826068505%

## Nutrients (% of daily need)

Calories: 449.71kcal (22.49%), Fat: 26.16g (40.25%), Saturated Fat: 22.47g (140.43%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 42.79g (15.56%), Sugar: 28.26g (31.41%), Cholesterol: 48.6mg (16.2%), Sodium: 259.5mg (11.28%), Alcohol: 0.27g (100%), Alcohol %: 0.2% (100%), Protein: 5.81g (11.61%), Vitamin A: 5667.56IU (113.35%), Manganese: 1.41mg (70.57%), Fiber: 10.71g (42.84%), Copper: 0.36mg (18.03%), Selenium: 11.94µg (17.06%), Iron: 2.93mg (16.26%), Phosphorus: 140.83mg (14.08%), Magnesium: 54.67mg (13.67%), Vitamin B5: 1.23mg (12.34%), Vitamin B2: 0.2mg (11.91%), Vitamin B6: 0.24mg (11.88%), Potassium: 380.28mg (10.87%), Folate: 37.97µg (9.49%), Zinc: 1.06mg (7.06%), Calcium: 62.19mg (6.22%), Vitamin C: 3.16mg (3.83%), Vitamin B3: 0.71mg (3.54%), Vitamin B1: 0.05mg (3.12%), Vitamin E: 0.26mg (1.73%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.24µg (1.62%)