



Coconut Marshmallow Cream Meringue Pie

READY IN



45 min.

SERVINGS



20

CALORIES



1142 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1.3 cups coconut or flaked
- ☐ 0.3 cup cornstarch
- ☐ 1 teaspoon cream of tartar
- ☐ 9 egg whites
- ☐ 3 eggs
- ☐ 5 cups cup heavy whipping cream light
- ☐ 1 cup marshmallows miniature
- ☐ 18 inch pie shells

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

Equipment

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

Directions

- ☐ For the filling combine light cream or half and half and butter in saucepan. Bring just to boil over medium heat.
- ☐ In medium bowl, whisk together sugar, 3 eggs, cornstarch, vanilla and salt until cornstarch is completely dissolved and mixture is well blended.
- ☐ Gradually add the egg mixture to the mixture in saucepan, stirring constantly with wire whisk. Cook, stirring constantly, about 1 minute or until thickened.
- ☐ Add marshmallows and 1/4 cup of the coconut. Cook and stir until marshmallows melt and mixture is well-blended.
- ☐ Pour into pie shells. Refrigerate at least 2 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ For meringue, in large bowl, beat egg whites and cream of tartar until soft peaks form.
- ☐ Add sugar, a small amount at a time, beating constantly until stiff peaks form.
- ☐ Spread half the meringue over each pie to edge of crust.
- ☐ Sprinkle each with 1/4 cup of the remaining coconut.
- ☐ Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes or until lightly browned. Refrigerate until ready to serve. Chill any leftovers.

Nutrition Facts



 PROTEIN 5.29%  FAT 56.51%  CARBS 38.2%

Properties

Glycemic Index:9.03, Glycemic Load:11.7, Inflammation Score:-6, Nutrition Score:15.979565278344%

Nutrients (% of daily need)

Calories: 1141.69kcal (57.08%), Fat: 71.83g (110.51%), Saturated Fat: 30.95g (193.41%), Carbohydrates: 109.24g (36.41%), Net Carbohydrates: 103.86g (37.77%), Sugar: 17.01g (18.9%), Cholesterol: 96.98mg (32.33%), Sodium: 839.97mg (36.52%), Alcohol: 0.07g (100%), Alcohol %: 0.03% (100%), Protein: 15.13g (30.25%), Manganese: 0.95mg (47.39%), Vitamin B1: 0.52mg (34.39%), Folate: 132.62µg (33.16%), Vitamin B2: 0.48mg (28.2%), Iron: 5.03mg (27.93%), Vitamin B3: 4.94mg (24.7%), Selenium: 16.47µg (23.53%), Fiber: 5.38g (21.53%), Phosphorus: 193.19mg (19.32%), Vitamin A: 713.62IU (14.27%), Vitamin K: 14.99µg (14.27%), Vitamin B5: 1.06mg (10.56%), Vitamin E: 1.51mg (10.08%), Copper: 0.19mg (9.7%), Magnesium: 38.42mg (9.61%), Potassium: 318.72mg (9.11%), Calcium: 82.44mg (8.24%), Zinc: 1.16mg (7.75%), Vitamin B6: 0.13mg (6.74%), Vitamin D: 0.49µg (3.27%), Vitamin B12: 0.2µg (3.25%)