



Coconut Meringue Pie

READY IN



36 min.

SERVINGS



9

CALORIES



2768 kcal

DESSERT

Ingredients

- ☐ 0.5 pound cornstarch
- ☐ 2 ounces egg white stabilizer
- ☐ 20 egg whites
- ☐ 0.5 pound flour all-purpose
- ☐ 1.1 gallon milk
- ☐ 9 pie shells pre-cooked
- ☐ 2 pounds sugar
- ☐ 4 pounds sugar
- ☐ 0.5 pound coconut flakes sweetened

- ☐ 9 servings coconut flakes sweetened
- ☐ 0.5 pound butter unsalted
- ☐ 0.3 cup vanilla extract

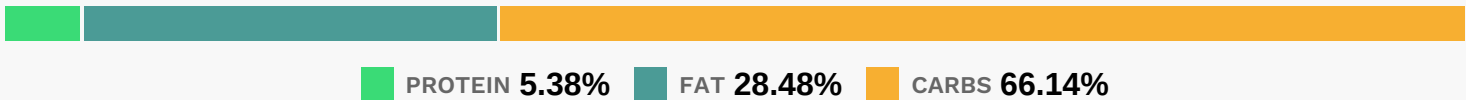
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ For the pie: In a large bowl, combine 1 gallon of the milk, the sugar, butter, vanilla and mix. Use a whisk to make sure that the sugar is mixed well.
- ☐ In a separate container, combine the remaining 1/8 gallon milk, cornstarch and flour. Blend until creamy and smooth with no lumps. Set aside.
- ☐ In a saucepan, bring the milk/sugar filling mixture to a boil. Using a wire whisk, blend in enough of the milk/cornstarch mixture and cook until the mixture is thick enough that you can see the trails in the milk when the whisk is pulled out and the mixture is not runny anymore. You may not need all of the thickener, this all depends on the humidity of the room.
- ☐ While the filling is still warm, add the coconut.
- ☐ Pour into pre-cooked pie shells. Take time to cool and set-up before adding topping.
- ☐ For the topping: Preheat the oven to 350 degrees F.
- ☐ Beat the egg whites until they form stiff peaks. Then, mix in the sugar and stabilizer until creamy smooth.
- ☐ Top the pies with coconut.
- ☐ Place in the oven until desired color brown is achieved, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:233.41, Inflammation Score:-8, Nutrition Score:36.251739377561%

Nutrients (% of daily need)

Calories: 2767.5kcal (138.37%), Fat: 88.59g (136.29%), Saturated Fat: 42.57g (266.09%), Carbohydrates: 463.02g (154.34%), Net Carbohydrates: 455.27g (165.55%), Sugar: 335.52g (372.8%), Cholesterol: 110.96mg (36.99%), Sodium: 1079.99mg (46.96%), Alcohol: 1.99g (100%), Alcohol %: 0.22% (100%), Protein: 37.65g (75.3%), Vitamin B2: 1.46mg (86.01%), Selenium: 48.81µg (69.72%), Phosphorus: 674.34mg (67.43%), Calcium: 636.29mg (63.63%), Vitamin B1: 0.94mg (62.6%), Manganese: 1.24mg (62.06%), Vitamin B12: 2.66µg (44.39%), Folate: 169.58µg (42.39%), Vitamin D: 5.58µg (37.22%), Iron: 6.32mg (35.14%), Vitamin B3: 6.87mg (34.34%), Potassium: 1136.55mg (32.47%), Fiber: 7.75g (31%), Vitamin A: 1397.98IU (27.96%), Magnesium: 111.17mg (27.79%), Vitamin B5: 2.77mg (27.69%), Zinc: 3.16mg (21.09%), Vitamin B6: 0.4mg (19.92%), Copper: 0.3mg (15.23%), Vitamin K: 15.67µg (14.92%), Vitamin E: 1.62mg (10.79%)