



## Coconut-Pecan Filling

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



385 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 3 egg yolks
- 1 cup pecans toasted chopped
- 1 cup sugar
- 1.3 cups coconut or sweetened flaked
- 1 teaspoon vanilla extract
- 1 cup whipping cream

### Equipment

sauce pan

## Directions

Combine first 4 ingredients in a medium saucepan; cook over medium heat, stirring constantly, 8 to 10 minutes or until thickened.

Remove from heat, and stir in vanilla. Stir in coconut and pecans, and let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:13.01, Glycemic Load:14.01, Inflammation Score:-4, Nutrition Score:5.9056521420893%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

## Nutrients (% of daily need)

Calories: 384.84kcal (19.24%), Fat: 30.31g (46.64%), Saturated Fat: 15.49g (96.81%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 26.06g (9.48%), Sugar: 25.35g (28.16%), Cholesterol: 109.62mg (36.54%), Sodium: 114.53mg (4.98%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 2.99g (5.97%), Manganese: 0.6mg (30.21%), Vitamin A: 717.47IU (14.35%), Selenium: 6.21µg (8.87%), Fiber: 2.17g (8.67%), Copper: 0.17mg (8.63%), Phosphorus: 79.14mg (7.91%), Vitamin B1: 0.09mg (5.9%), Vitamin B2: 0.1mg (5.72%), Magnesium: 21.18mg (5.3%), Vitamin E: 0.77mg (5.16%), Zinc: 0.77mg (5.12%), Vitamin D: 0.67µg (4.48%), Iron: 0.63mg (3.5%), Vitamin B5: 0.34mg (3.45%), Calcium: 34.52mg (3.45%), Potassium: 117.82mg (3.37%), Folate: 11.91µg (2.98%), Vitamin B12: 0.16µg (2.71%), Vitamin B6: 0.05mg (2.7%), Vitamin K: 1.98µg (1.88%), Vitamin B3: 0.23mg (1.15%)