



Coconut Pecan Pie

READY IN



55 min.

SERVINGS



8

CALORIES



468 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 3.5 ounces coconut or flaked
- 3 eggs
- 2 teaspoons juice of lemon
- 19-inch unbaked pie crust ()
- 1 teaspoon vanilla extract
- 1.5 cups sugar white

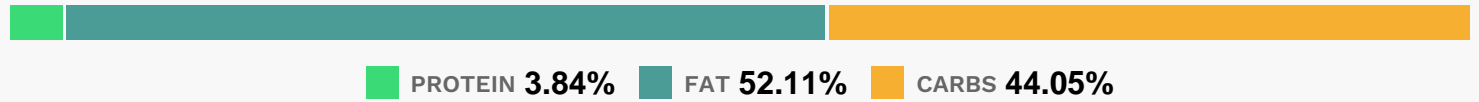
Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Press pie crust into a 9-inch pie dish.
- Beat butter, eggs, lemon juice, and vanilla extract together in a bowl; beat in sugar until smooth. Fold coconut and pecans into butter mixture; pour into pie crust.
- Bake in the preheated oven until pie is set in the middle, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:5.9973913301592%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 467.52kcal (23.38%), Fat: 27.72g (42.65%), Saturated Fat: 16.95g (105.91%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 50.06g (18.21%), Sugar: 38.5g (42.78%), Cholesterol: 91.88mg (30.63%), Sodium: 221.93mg (9.65%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.6g (9.2%), Manganese: 0.46mg (22.92%), Selenium: 9.15µg (13.08%), Fiber: 2.65g (10.6%), Vitamin A: 443.97IU (8.88%), Vitamin B2: 0.14mg (8.41%), Phosphorus: 79.75mg (7.98%), Iron: 1.37mg (7.63%), Folate: 27.05µg (6.76%), Copper: 0.13mg (6.63%), Vitamin B1: 0.08mg (5.59%), Vitamin B5: 0.47mg (4.71%), Vitamin E: 0.67mg (4.49%), Magnesium: 17.31mg (4.33%), Zinc: 0.59mg (3.95%), Vitamin B6: 0.08mg (3.94%), Vitamin B3: 0.77mg (3.86%), Potassium: 120.55mg (3.44%), Vitamin B12: 0.17µg (2.85%), Vitamin K: 2.9µg (2.77%), Vitamin D: 0.33µg (2.2%), Calcium: 21.12mg (2.11%)