

Coconut Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup coconut or flaked
- ☐ 3 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

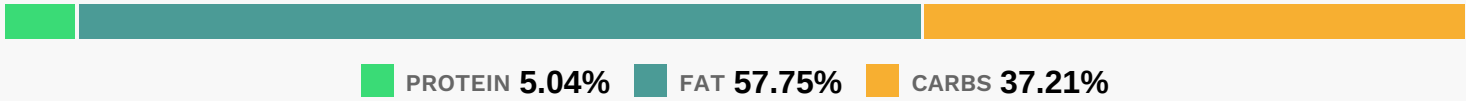
☐

 oven

Directions

- ☐ Mix flour with sugar. Cream in butter and eggs.
- ☐ Mix in vanilla and milk until well combined. Fold in coconut.
- ☐ Pour into prepared pie crust.
- ☐ Bake at 300 degrees F (150 degrees C) for one hour. Cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:19.03, Inflammation Score:-3, Nutrition Score:5.2165217166362%

Nutrients (% of daily need)

Calories: 318.26kcal (15.91%), Fat: 21.01g (32.32%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 28.68g (10.43%), Sugar: 27.34g (30.37%), Cholesterol: 95.54mg (31.85%), Sodium: 130.51mg (5.67%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.13g (8.25%), Manganese: 0.31mg (15.62%), Selenium: 8.54µg (12.2%), Vitamin A: 493.06IU (9.86%), Phosphorus: 90.82mg (9.08%), Vitamin B2: 0.15mg (8.67%), Fiber: 1.78g (7.13%), Vitamin B12: 0.34µg (5.59%), Calcium: 53.51mg (5.35%), Copper: 0.1mg (5.08%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.67µg (4.44%), Iron: 0.74mg (4.14%), Vitamin B6: 0.08mg (4%), Magnesium: 15.96mg (3.99%), Zinc: 0.58mg (3.87%), Potassium: 132.87mg (3.8%), Vitamin E: 0.57mg (3.77%), Folate: 12.57µg (3.14%), Vitamin B1: 0.05mg (3.04%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.17µg (1.12%)