



Coconut-Pumpkin Chiffon Pie

READY IN



135 min.

SERVINGS



10

CALORIES



440 kcal

DESSERT

Ingredients

- 5 tablespoons butter melted
- 15 oz pumpkin puree canned
- 4 large eggs separated
- 2 envelopes gelatin powder unflavored
- 1 cup graham cracker crumbs
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 2 cups cup heavy whipping cream

- 0.5 cup milk
- 1 cup sugar divided
- 1.3 cups coconut shredded sweetened divided
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

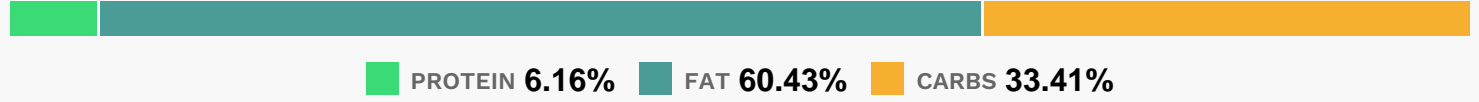
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- stand mixer

Directions

- Preheat oven to 350
- Whisk together milk and gelatin in a 3-qt. saucepan; let stand 1 minute. Cook over medium heat, stirring constantly, 1 minute or until gelatin dissolves. Stir in pumpkin, next 4 ingredients, egg yolks, and 1/2 cup sugar. Cook, stirring constantly, 5 to 7 minutes or until slightly thickened. (Do not boil.)
- Transfer to a bowl; chill 40 minutes or to room temperature, stirring halfway through.
- Meanwhile, place coconut in a single layer on a baking sheet, and bake at 350 for 8 to 10 minutes or until golden, stirring occasionally.
- Stir together graham cracker crumbs, butter, 1 Tbsp. sugar, and 1 cup coconut. Press mixture into a 10-inch pie plate. Freeze 10 minutes or until ready to use.
- Beat egg whites at high speed with a heavy-duty electric stand mixer, using whisk attachment, 8 minutes or until soft peaks form.
- Add 1/4 cup sugar, and beat 2 to 3 minutes or until stiff peaks form.
- Gradually fold egg whites into pumpkin mixture.
- Pour into crust. Chill 2 hours or until set.

- Beat cream and vanilla at medium speed 1 to 2 minutes or until soft peaks form.
- Add remaining 6 Tbsp. sugar, and beat 1 to 2 minutes or until stiff peaks form. Top pie with cream mixture and remaining 1/4 cup coconut.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:18.73, Inflammation Score:-10, Nutrition Score:12.024347885795%

Nutrients (% of daily need)

Calories: 439.73kcal (21.99%), Fat: 30.21g (46.48%), Saturated Fat: 19.16g (119.77%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 35.41g (12.88%), Sugar: 30.34g (33.72%), Cholesterol: 144.7mg (48.23%), Sodium: 297.21mg (12.92%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 6.93g (13.86%), Vitamin A: 7621.19IU (152.42%), Manganese: 0.42mg (21.2%), Selenium: 10.66µg (15.22%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 126.2mg (12.62%), Iron: 1.62mg (9%), Vitamin E: 1.32mg (8.77%), Fiber: 2.17g (8.66%), Vitamin D: 1.3µg (8.64%), Vitamin K: 9.01µg (8.58%), Calcium: 82.11mg (8.21%), Vitamin B5: 0.74mg (7.36%), Magnesium: 28.62mg (7.16%), Copper: 0.14mg (6.87%), Potassium: 237.54mg (6.79%), Vitamin B6: 0.12mg (6.12%), Zinc: 0.88mg (5.89%), Vitamin B12: 0.33µg (5.53%), Folate: 21.9µg (5.48%), Vitamin B1: 0.06mg (3.89%), Vitamin B3: 0.61mg (3.03%), Vitamin C: 2.16mg (2.62%)