



Cut the Calories Coconut Cream Pie

READY IN



160 min.

SERVINGS



8

CALORIES



515 kcal

Ingredients

- ☐ 5 tablespoons butter organic melted
- ☐ 0.5 cup coconut or shredded organic
- ☐ 2 cups coconut or shredded organic plus more for sprinkling
- ☐ 2 eggs cage free such as organic beaten
- ☐ 2 cups milk fat-free such as horizon organic
- ☐ 1 box graham crackers gluten-free
- ☐ 1 cup heavy whipping cream organic
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar substitute such as truvia
- ☐ 1 teaspoon vanilla extract

☐ 2 tablespoons flour whole wheat

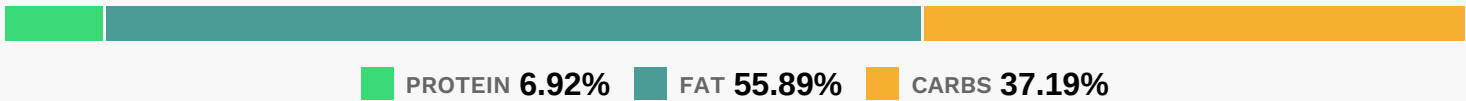
Equipment

☐ pie form

Directions

- ☐ For the crust: Crush or grind the graham crackers.
- ☐ Add the melted butter to the crackers. Once mixed, press the mixture into a 9-inch pie pan with back of a spoon. Make sure the crust is even throughout.
- ☐ Place the crust in the refrigerator.
- ☐ For the filling: Bring the milk, flour, sugar substitute, salt and beaten eggs to a boil on low to medium heat, stirring occasionally. Once the mixture starts boiling, remove from the heat; the consistency should be thick.
- ☐ Add the coconut and the vanilla and blend together. Then pour in the chilled pie crust.
- ☐ Place the pie in the refrigerator, 10 to 20 minutes.
- ☐ For the topping: Whip the cream until the consistency is thick.
- ☐ Add the coconut and sugar substitute.
- ☐ Put the mixture over the chilled filling and then sprinkle extra coconut on top! Chill for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:28.41, Glycemic Load:28.97, Inflammation Score:-6, Nutrition Score:11.173478328663%

Nutrients (% of daily need)

Calories: 515.09kcal (25.75%), Fat: 32.45g (49.92%), Saturated Fat: 19.94g (124.64%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 44.42g (16.15%), Sugar: 17.97g (19.96%), Cholesterol: 95.19mg (31.73%), Sodium: 736.88mg (32.04%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 9.03g (18.07%), Phosphorus: 244.22mg (24.42%), Manganese: 0.45mg (22.66%), Vitamin B2: 0.32mg (18.83%), Vitamin A: 840.49IU (16.81%), Iron: 3mg (16.69%), Fiber: 4.17g (16.68%), Calcium: 153.37mg (15.34%), Selenium: 9.19µg (13.13%), Magnesium: 51.48mg

(12.87%), Vitamin B1: 0.19mg (12.45%), Zinc: 1.81mg (12.05%), Vitamin B3: 2.25mg (11.27%), Folate: 38.58µg (9.64%), Potassium: 334.28mg (9.55%), Vitamin D: 1.37µg (9.13%), Vitamin B12: 0.52µg (8.59%), Copper: 0.14mg (7.21%), Vitamin B6: 0.14mg (6.83%), Vitamin B5: 0.56mg (5.59%), Vitamin E: 0.66mg (4.43%), Vitamin K: 1.68µg (1.6%), Vitamin C: 1mg (1.22%)