



## Easy Coconut Cream Pie

READY IN



255 min.

SERVINGS



15

CALORIES



185 kcal

### Ingredients

- 1 cup baker's angel flake coconut divided
- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 cups cool whip whipped topping divided thawed

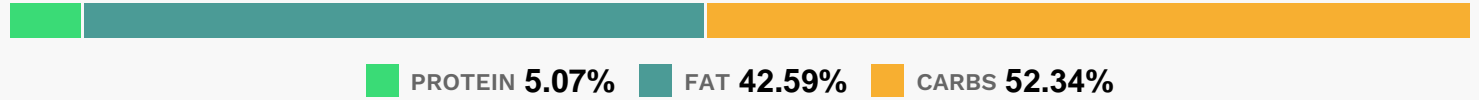
### Equipment

- bowl
- whisk

## Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in 1 cup COOL WHIP and 3/4 cup coconut; pour into crust.
- Refrigerate 4 hours or until firm. Meanwhile, toast remaining coconut.
- Top pie with remaining COOL WHIP; sprinkle with toasted coconut.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:3.420434774588%

## Nutrients (% of daily need)

Calories: 184.84kcal (9.24%), Fat: 8.87g (13.65%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 23.31g (8.48%), Sugar: 16.59g (18.43%), Cholesterol: 4.1mg (1.37%), Sodium: 156.68mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Manganese: 0.3mg (15.19%), Phosphorus: 65.46mg (6.55%), Calcium: 52.52mg (5.25%), Vitamin B2: 0.09mg (5.02%), Fiber: 1.22g (4.86%), Copper: 0.07mg (3.72%), Selenium: 2.32µg (3.31%), Vitamin B12: 0.2µg (3.26%), Magnesium: 12.31mg (3.08%), Potassium: 105.05mg (3%), Vitamin B1: 0.04mg (2.97%), Iron: 0.5mg (2.8%), Vitamin K: 2.91µg (2.77%), Zinc: 0.4mg (2.68%), Vitamin D: 0.36µg (2.39%), Vitamin B6: 0.05mg (2.37%), Vitamin B3: 0.44mg (2.22%), Folate: 8.18µg (2.05%), Vitamin E: 0.3mg (2.01%), Vitamin B5: 0.19mg (1.87%), Vitamin A: 60.22IU (1.2%)