



Easy Coconut Macaroon Pie

READY IN



75 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

Ingredients

- 6 tablespoons butter softened
- 2 eggs
- 1 pastry for a pie crust
- 0.3 cup flour all-purpose
- 0.5 cup milk
- 0.5 teaspoon salt
- 1.5 cups coconut or sweetened flaked
- 1.5 cups sugar white

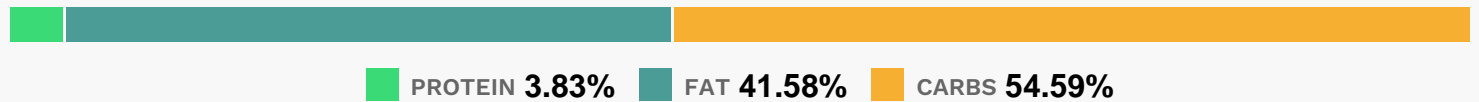
Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 325 degrees F (165 degrees C). Press pie crust pastry into a 9-inch pie pan.
- Beat sugar, eggs, and salt together in a bowl until smooth.
- Mix coconut, butter, milk, and flour together in a separate bowl; stir coconut mixture into sugar mixture.
- Pour mixture into the pie crust.
- Bake in the preheated oven for 1 hour. Allow to cool completely for pie to fully set up.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:28.61, Inflammation Score:-3, Nutrition Score:5.1656521506931%

Nutrients (% of daily need)

Calories: 428.55kcal (21.43%), Fat: 20.21g (31.09%), Saturated Fat: 11.97g (74.83%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 57.5g (20.91%), Sugar: 44.08g (48.98%), Cholesterol: 65.32mg (21.77%), Sodium: 367.06mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Manganese: 0.28mg (13.95%), Selenium: 9.1µg (13%), Fiber: 2.21g (8.86%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 75.16mg (7.52%), Vitamin B1: 0.1mg (7%), Folate: 27.99µg (7%), Vitamin A: 346.71IU (6.93%), Iron: 1.19mg (6.61%), Vitamin B3: 0.94mg (4.72%), Copper: 0.08mg (3.97%), Magnesium: 15.54mg (3.88%), Vitamin B5: 0.36mg (3.63%), Potassium: 123.68mg (3.53%), Calcium: 34.28mg (3.43%), Vitamin B12: 0.2µg (3.3%), Vitamin E: 0.47mg (3.11%), Zinc: 0.45mg (3.03%), Vitamin D: 0.39µg (2.59%), Vitamin B6: 0.05mg (2.27%), Vitamin K: 2.38µg (2.26%)