



## Easy Toasted Coconut Pie

READY IN



260 min.

SERVINGS



20

CALORIES



124 kcal

### Ingredients

- 3.4 oz jell-o coconut cream flavor pudding instant
- 0.8 cup baker's angel flake coconut divided toasted
- 6 oz ready-to-use graham cracker crumb crust
- 1.5 cups milk cold
- 2 oz baker's semi-sweet chocolate melted ()
- 2 cups cool whip whipped topping divided thawed

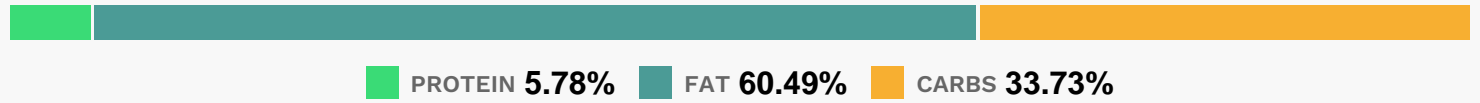
### Equipment

- whisk

## Directions

- Mix chocolate, 1 cup COOL WHIP and 1/4 cup coconut until blended.
- Spread onto bottom of pie crust. Refrigerate until ready to use.
- Beat pudding mix and milk with whisk 2 min.; pour into crust.
- Let stand 5 min. Top with remaining COOL WHIP and coconut.
- Refrigerate 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:1.9, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:2.9134782436101%

## Nutrients (% of daily need)

Calories: 123.75kcal (6.19%), Fat: 8.49g (13.06%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.64g (3.51%), Sugar: 5.46g (6.07%), Cholesterol: 2.52mg (0.84%), Sodium: 54.07mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 0.3mg (14.9%), Phosphorus: 53.8mg (5.38%), Copper: 0.1mg (4.94%), Fiber: 1.01g (4.06%), Magnesium: 13.88mg (3.47%), Iron: 0.62mg (3.46%), Calcium: 33.42mg (3.34%), Vitamin B2: 0.05mg (3.22%), Potassium: 93.68mg (2.68%), Zinc: 0.37mg (2.5%), Selenium: 1.58µg (2.25%), Vitamin K: 2.36µg (2.25%), Vitamin B1: 0.03mg (2.11%), Vitamin B12: 0.12µg (1.98%), Vitamin B3: 0.39mg (1.93%), Folate: 7.15µg (1.79%), Vitamin B6: 0.03mg (1.6%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.2µg (1.34%), Vitamin B5: 0.13mg (1.3%)