



Coconut Cream Pie Made With Half & Half

READY IN



260 min.

SERVINGS



8

CALORIES



410 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 0.3 teaspoon coconut extract
- 0.3 cup cornstarch
- 8 servings deep dish pie crust
- 4 large egg yolk
- 0.3 cup granulated sugar
- 2 cups half and half
- 1.5 cups cup heavy whipping cream
- 0.3 cup powdered sugar

- 1 cup coconut sweetened flaked
- 1.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- whisk

Directions

- In a heavy saucepan, combine the sugar and cornstarch.
- Whisk in the egg yolks. Turn heat to medium and gradually whisk in the half & half. Continue whisking until mixture starts to boil, then continue whisking after it boils for another minute.
- Remove from heat and whisk in the butter, salt, both extracts and the coconut. Put in a bowl, press a piece of greased wax or parchment paper over to keep skin from forming and let cool to room temperature. When cool, transfer to your baked pie shell and chill. Whip the cream until soft peaks form, then add powdered sugar and beat until stiff. Beat in vanilla. Pipe or spread over the pie. If you have some additional coconut, toast it in a dry skillet, let cool and sprinkle over the top for garnish.

Nutrition Facts



PROTEIN 4.76% **FAT 71.08%** **CARBS 24.16%**

Properties

Glycemic Index:15.01, Glycemic Load:4.36, Inflammation Score:-5, Nutrition Score:6.34434778794%

Nutrients (% of daily need)

Calories: 410.48kcal (20.52%), Fat: 32.86g (50.56%), Saturated Fat: 20.91g (130.71%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 24.03g (8.74%), Sugar: 19g (21.12%), Cholesterol: 174.69mg (58.23%), Sodium: 121.21mg (5.27%), Alcohol: 0.31g (100%), Alcohol %: 0.27% (100%), Protein: 4.96g (9.91%), Vitamin A: 1123.93IU (22.48%), Vitamin B2: 0.25mg (14.94%), Selenium: 10.02µg (14.32%), Phosphorus: 129.65mg (12.96%), Calcium: 108.07mg (10.81%), Vitamin D: 1.17µg (7.82%), Vitamin E: 0.92mg (6.1%), Vitamin B12: 0.36µg (6.02%), Manganese: 0.12mg

(5.85%), Vitamin B5: 0.57mg (5.67%), Potassium: 173.73mg (4.96%), Fiber: 1.1g (4.41%), Folate: 17.26µg (4.31%), Zinc: 0.63mg (4.19%), Vitamin B6: 0.08mg (3.98%), Magnesium: 15.5mg (3.88%), Vitamin B1: 0.05mg (3.08%), Iron: 0.52mg (2.87%), Vitamin K: 2.79µg (2.66%), Copper: 0.05mg (2.62%), Vitamin B3: 0.2mg (1.01%)