



Frozen Coconut Pie

READY IN



255 min.

SERVINGS



15

CALORIES



163 kcal

DESSERT

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 cup baker's angel flake coconut
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup milk
- 1 Tbsp sugar
- 0.5 tsp vanilla extract
- 8 oz cool whip extra creamy whipped topping thawed

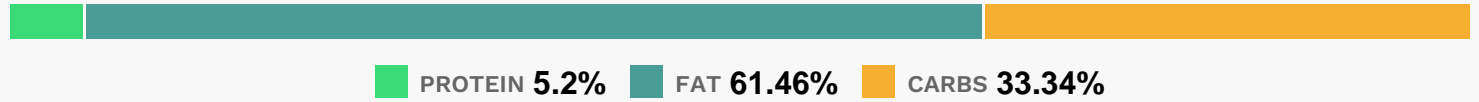
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Gradually add milk, beating until well blended after each addition.
- Stir in coconut, whipped topping and extract. Spoon into crust.
- Freeze 4 hours or until firm.
- Remove pie from freezer about 15 min. before serving.
- Let stand at room temperature until pie can be cut easily. Store leftover pie in freezer.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:3.0426086540455%

Nutrients (% of daily need)

Calories: 162.9kcal (8.15%), Fat: 11.31g (17.4%), Saturated Fat: 7.2g (44.98%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.67g (4.61%), Sugar: 7.53g (8.37%), Cholesterol: 8.91mg (2.97%), Sodium: 93.24mg (4.05%), Alcohol: 0.05g (100%), Alcohol %: 0.13% (100%), Protein: 2.15g (4.31%), Manganese: 0.3mg (15.15%), Phosphorus: 52.44mg (5.24%), Fiber: 1.14g (4.56%), Vitamin B2: 0.07mg (4.25%), Copper: 0.07mg (3.68%), Selenium: 2.52µg (3.59%), Calcium: 32.86mg (3.29%), Vitamin K: 3.16µg (3.01%), Iron: 0.51mg (2.82%), Magnesium: 10.44mg (2.61%), Vitamin E: 0.38mg (2.53%), Vitamin A: 126.01IU (2.52%), Potassium: 81.26mg (2.32%), Zinc: 0.34mg (2.28%), Folate: 9.01µg (2.25%), Vitamin B1: 0.03mg (2.24%), Vitamin B3: 0.43mg (2.15%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.14mg (1.39%)