



Gluten-Free Impossibly Easy Coconut Pie

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- 3 eggs
- 1.8 cups milk
- 0.3 cup butter melted
- 1.5 teaspoons vanilla extract pure
- 1 cup coconut or shredded flaked
- 0.8 cup sugar
- 0.5 cup pancake mix gluten free

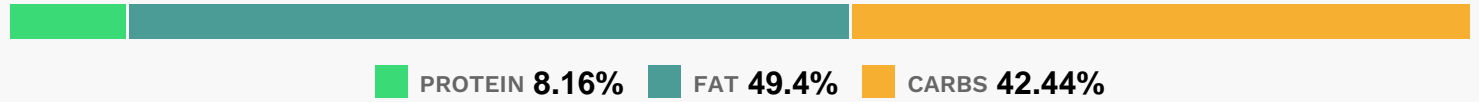
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 350°F. Grease 9-inch glass pie plate with shortening or cooking spray.
- In large bowl, stir together all ingredients until blended.
- Pour into pie plate.
- Bake 45 to 50 minutes or until golden brown and knife inserted in the center comes out clean. Store any remaining pie covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:14.1, Inflammation Score:-2, Nutrition Score:5.1560869333537%

Nutrients (% of daily need)

Calories: 233.94kcal (11.7%), Fat: 13.07g (20.1%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 24.2g (8.8%), Sugar: 22.06g (24.51%), Cholesterol: 88.81mg (29.6%), Sodium: 132.61mg (5.77%), Alcohol: 0.26g (100%), Alcohol %: 0.29% (100%), Protein: 4.86g (9.71%), Phosphorus: 125.06mg (12.51%), Selenium: 8.07µg (11.53%), Vitamin B2: 0.18mg (10.77%), Calcium: 95.73mg (9.57%), Manganese: 0.17mg (8.53%), Vitamin B12: 0.47µg (7.91%), Vitamin A: 373.15IU (7.46%), Vitamin D: 0.92µg (6.11%), Vitamin B5: 0.53mg (5.31%), Potassium: 157.79mg (4.51%), Fiber: 1.05g (4.22%), Zinc: 0.61mg (4.08%), Vitamin B1: 0.06mg (3.99%), Vitamin B6: 0.07mg (3.75%), Iron: 0.65mg (3.61%), Magnesium: 13.6mg (3.4%), Folate: 13.49µg (3.37%), Copper: 0.06mg (3.08%), Vitamin E: 0.39mg (2.59%), Vitamin B3: 0.23mg (1.14%)