



Heart Smart Impossibly Easy Coconut Pie

 Vegetarian

READY IN



365 min.

SERVINGS



8

CALORIES



186 kcal

DESSERT

Ingredients

- 0.8 cup sugar
- 0.5 cup coconut or
- 0.5 cup baking mix bisquick heart smart®
- 1.5 cups skim milk fat-free (skim)
- 0.8 cup eggs fat-free
- 1.5 teaspoons vanilla
- 1 cup cool whip fat-free frozen thawed ()

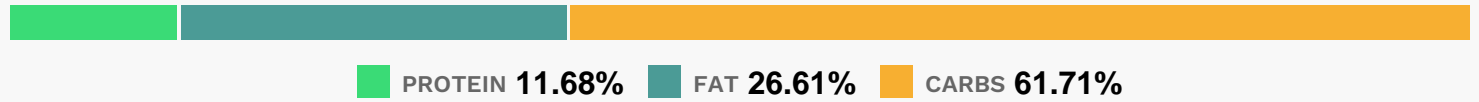
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, stir all ingredients except whipped topping with wire whisk or fork until blended.
- Pour into pie plate.
- Bake 50 to 55 minutes or knife inserted in center comes out clean. Cool 1 hour. Refrigerate 4 hours or until well chilled.
- Garnish with whipped topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:13.87, Inflammation Score:-2, Nutrition Score:5.6230434665213%

Nutrients (% of daily need)

Calories: 186.31kcal (9.32%), Fat: 5.56g (8.56%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 28.39g (10.32%), Sugar: 23.9g (26.55%), Cholesterol: 87.77mg (29.26%), Sodium: 154.89mg (6.73%), Alcohol: 0.26g (100%), Alcohol %: 0.3% (100%), Protein: 5.49g (10.99%), Vitamin B2: 0.26mg (15.32%), Phosphorus: 150.21mg (15.02%), Selenium: 9.37µg (13.39%), Vitamin B12: 0.64µg (10.62%), Calcium: 97.92mg (9.79%), Vitamin D: 0.96µg (6.41%), Vitamin B1: 0.1mg (6.35%), Folate: 23.89µg (5.97%), Vitamin B5: 0.59mg (5.95%), Manganese: 0.11mg (5.54%), Vitamin A: 233.44IU (4.67%), Potassium: 149.79mg (4.28%), Vitamin B6: 0.09mg (4.27%), Zinc: 0.63mg (4.22%), Iron: 0.74mg (4.12%), Magnesium: 12.56mg (3.14%), Copper: 0.05mg (2.71%), Fiber: 0.64g (2.58%), Vitamin B3: 0.48mg (2.38%), Vitamin E: 0.27mg (1.8%)