



Impossible" Coconut Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



345 kcal

DESSERT

Ingredients

- 3 eggs
- 130 g sugar
- 75 g butter softened
- 60 g coconut flakes
- 60 g coconut flakes
- 5.5 tbsp lemon zest
- 1.5 tbsp orange zest
- 60 ml juice of lemon to taste (or add)

- 10 servings orange juice
- 200 ml coconut milk thick
- 70 g flour plain sifted

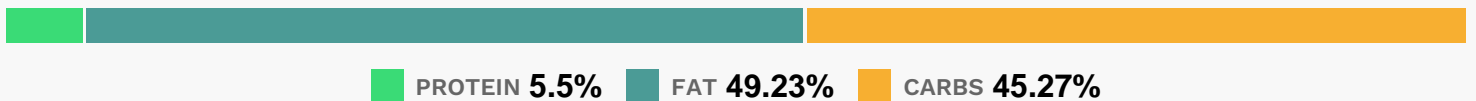
Equipment

- food processor
- oven
- aluminum foil

Directions

- Preheat oven to 170C.
- Place the eggs, sugar, butter, desiccated coconut, lemon and orange zest and juice, coconut milk and flour in a food processor and blend until well combined.
- Pour into a buttered 22cm (9 inch) pie tray.
- Place pie tray at the lower rack of the oven and bake for 60 – 80 minutes. Loosely cover with aluminium foil when you find the pie turning brown during half way of baking. Set aside to cool, then refrigerate for 1 hour to chill.
- Slice and serve with a little whipped cream and passionfruit or blueberry jam and sprinkle some toasted desiccated coconut over it.

Nutrition Facts



Properties

Glycemic Index:34.41, Glycemic Load:22.48, Inflammation Score:-7, Nutrition Score:13.229565217391%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 21.21mg, Hesperetin: 21.21mg, Hesperetin: 21.21mg, Hesperetin: 21.21mg Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 345.3kcal (17.27%), Fat: 19.63g (30.21%), Saturated Fat: 14.8g (92.52%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 37.68g (13.7%), Sugar: 28.5g (31.67%), Cholesterol: 65.23mg (21.74%), Sodium: 76.15mg (3.31%), Protein: 4.94g (9.87%), Vitamin C: 93.25mg (113.03%), Manganese: 0.55mg (27.63%), Folate: 75.93µg (18.98%), Vitamin B1: 0.23mg (15.3%), Potassium: 488.52mg (13.96%), Selenium: 9.01µg (12.87%), Vitamin A: 604.51IU (12.09%), Copper: 0.24mg (11.91%), Fiber: 2.95g (11.8%), Iron: 1.97mg (10.95%), Phosphorus: 108.54mg (10.85%), Magnesium: 42.63mg (10.66%), Vitamin B2: 0.17mg (9.84%), Vitamin B6: 0.15mg (7.26%), Vitamin B5: 0.71mg (7.13%), Vitamin B3: 1.33mg (6.64%), Zinc: 0.67mg (4.49%), Calcium: 41.87mg (4.19%), Vitamin E: 0.46mg (3.05%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.26µg (1.76%)