



Impossible Coconut Pie I

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 0.5 cup baking mix
- ☐ 0.3 cup butter
- ☐ 1 cup coconut or flaked
- ☐ 4 eggs
- ☐ 2 cups milk
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

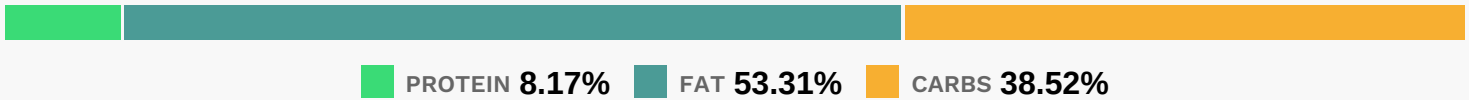
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie plate.
- ☐ Combine milk, sugar, biscuit mix, eggs, butter or margarine, and vanilla in blender container. Cover, and blend on low speed for 3 minutes.
- ☐ Pour into prepared pie plate.
- ☐ Let stand about 5 minutes.
- ☐ Sprinkle with coconut.
- ☐ Bake for 40 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:11.34, Inflammation Score:-2, Nutrition Score:5.7134782801504%

Nutrients (% of daily need)

Calories: 236.4kcal (11.82%), Fat: 14.3g (21.99%), Saturated Fat: 9.48g (59.23%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 21.72g (7.9%), Sugar: 18.79g (20.87%), Cholesterol: 83.65mg (27.88%), Sodium: 159.94mg (6.95%), Alcohol: 0.21g (100%), Alcohol %: 0.26% (100%), Protein: 4.93g (9.86%), Phosphorus: 138.14mg (13.81%), Manganese: 0.26mg (13.13%), Selenium: 8.5µg (12.14%), Vitamin B2: 0.19mg (11.05%), Calcium: 84.41mg (8.44%), Vitamin B12: 0.45µg (7.55%), Vitamin A: 316.15IU (6.32%), Fiber: 1.51g (6.05%), Vitamin D: 0.89µg (5.93%), Vitamin B5: 0.58mg (5.79%), Vitamin B1: 0.07mg (4.95%), Copper: 0.09mg (4.58%), Vitamin B6: 0.09mg (4.5%), Potassium: 155.97mg (4.46%), Magnesium: 17.3mg (4.33%), Zinc: 0.64mg (4.27%), Iron: 0.77mg (4.25%), Folate: 16.71µg (4.18%), Vitamin E: 0.39mg (2.57%), Vitamin B3: 0.39mg (1.97%)