



Impossible Coconut Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 4 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 tablespoons butter
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

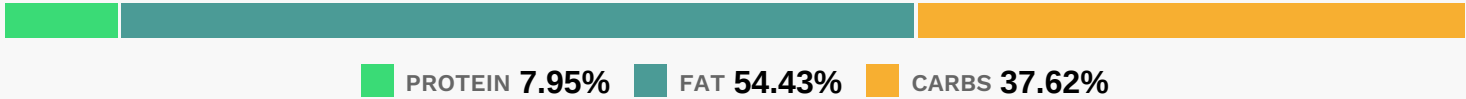
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Place milk, coconut, eggs, vanilla, flour, margarine, and sugar in blender.
- ☐ Mix well.
- ☐ Pour into a greased and floured 10 inch pie plate.
- ☐ Sprinkle nutmeg on top.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:14.8, Inflammation Score:-4, Nutrition Score:5.9791304203479%

Nutrients (% of daily need)

Calories: 252.86kcal (12.64%), Fat: 15.61g (24.02%), Saturated Fat: 7.75g (48.42%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 22.71g (8.26%), Sugar: 18.09g (20.1%), Cholesterol: 71.33mg (23.78%), Sodium: 126.21mg (5.49%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 5.13g (10.25%), Selenium: 10.11µg (14.45%), Manganese: 0.29mg (14.29%), Vitamin B2: 0.19mg (11.38%), Phosphorus: 110.46mg (11.05%), Vitamin A: 474.61IU (9.49%), Calcium: 75.83mg (7.58%), Vitamin B12: 0.43µg (7.14%), Fiber: 1.56g (6.26%), Vitamin B1: 0.09mg (5.97%), Vitamin D: 0.89µg (5.93%), Vitamin B5: 0.55mg (5.54%), Folate: 20.6µg (5.15%), Iron: 0.89mg (4.94%), Copper: 0.09mg (4.58%), Vitamin B6: 0.09mg (4.44%), Potassium: 154.93mg (4.43%), Magnesium: 17.38mg (4.35%), Zinc: 0.64mg (4.3%), Vitamin E: 0.51mg (3.4%), Vitamin B3: 0.49mg (2.44%)