



Impossible Pie

 Vegetarian

READY IN



90 min.

SERVINGS



20

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 2 cups milk
- ☐ 0.5 cup self-rising flour
- ☐ 1.8 cups sugar
- ☐ 2 cups coconut or shredded sweetened
- ☐ 1 stick butter unsalted melted plus more for greasing

Equipment

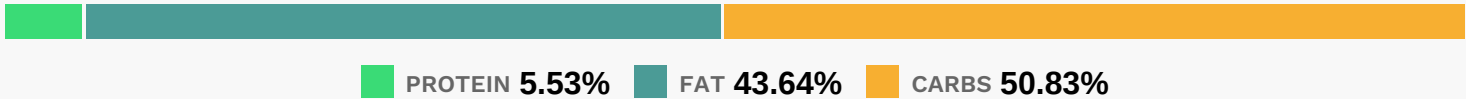
- ☐ bowl

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 and butter two 9-inch glass pie plates.
- ☐ In a large bowl, whisk the melted butter with the sugar.
- ☐ Add the eggs and beat until smooth. Stir in the flour, coconut and milk. Divide the mixture between the pie plates and bake in the lower third of the oven for about 1 hour, until the pies are firm to the touch and golden.
- ☐ Transfer the pies to a rack and cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:14.12, Inflammation Score:-1, Nutrition Score:3.2765217196682%

Nutrients (% of daily need)

Calories: 193.2kcal (9.66%), Fat: 9.62g (14.79%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 24.72g (8.99%), Sugar: 22.57g (25.08%), Cholesterol: 52.28mg (17.43%), Sodium: 47.91mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Manganese: 0.25mg (12.61%), Selenium: 6.44µg (9.2%), Phosphorus: 58.46mg (5.85%), Vitamin B2: 0.09mg (5.19%), Vitamin A: 234.78IU (4.7%), Calcium: 38.96mg (3.9%), Vitamin B12: 0.23µg (3.84%), Vitamin D: 0.55µg (3.69%), Vitamin B5: 0.33mg (3.29%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.43mg (2.84%), Potassium: 85.56mg (2.44%), Magnesium: 9.52mg (2.38%), Copper: 0.04mg (2.17%), Iron: 0.39mg (2.14%), Vitamin E: 0.3mg (1.97%), Fiber: 0.48g (1.92%), Folate: 6.62µg (1.66%), Vitamin B1: 0.02mg (1.55%)