



Impossibly Easy Chocolate-Coconut Pie

 Gluten Free

READY IN



215 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- 2 cups milk
- 0.3 cup butter softened
- 3 oz baker's chocolate unsweetened
- 1 cup coconut or
- 0.8 cup sugar
- 1.5 teaspoons vanilla
- 3 eggs slightly beaten
- 1 cup cool whip frozen thawed

0.5 cup frangelico

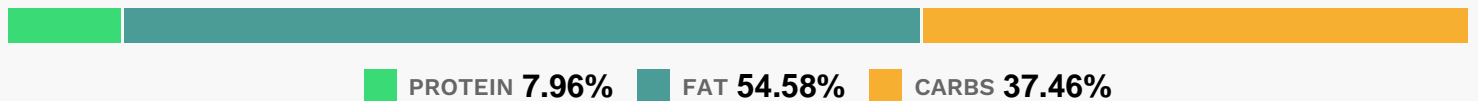
Equipment

- bowl
- sauce pan
- oven
- knife
- whisk

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray. In 3-quart saucepan, heat milk, butter and chocolate over medium heat 5 to 7 minutes, stirring frequently, just until chocolate is melted; remove from heat.
- In medium bowl, stir chocolate mixture and remaining ingredients except whipped topping with wire whisk or fork until smooth.
- Pour into pie plate.
- Bake 40 to 45 minutes or knife inserted in center comes out clean. Cool 30 minutes. Refrigerate at least 2 hours or until chilled.
- Garnish with whipped topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:14.23, Inflammation Score:-5, Nutrition Score:9.0647825585759%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 288.18kcal (14.41%), Fat: 18.67g (28.73%), Saturated Fat: 9.51g (59.46%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 26.14g (9.5%), Sugar: 24.02g (26.69%), Cholesterol: 70.2mg (23.4%), Sodium: 125.06mg

(5.44%), Alcohol: 0.26g (100%), Alcohol %: 0.24% (100%), Caffeine: 8.5mg (2.83%), Protein: 6.13g (12.26%), Manganese: 0.6mg (30.13%), Copper: 0.4mg (20.17%), Phosphorus: 156.16mg (15.62%), Vitamin B2: 0.24mg (13.95%), Iron: 2.39mg (13.3%), Selenium: 8.49µg (12.13%), Magnesium: 48.32mg (12.08%), Calcium: 108.93mg (10.89%), Zinc: 1.63mg (10.86%), Fiber: 2.7g (10.81%), Vitamin B12: 0.62µg (10.37%), Vitamin A: 458.07IU (9.16%), Potassium: 252.7mg (7.22%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.53mg (5.35%), Vitamin B1: 0.08mg (5.18%), Vitamin B6: 0.09mg (4.29%), Folate: 15µg (3.75%), Vitamin E: 0.5mg (3.32%), Vitamin B3: 0.31mg (1.57%), Vitamin K: 1.31µg (1.25%)