



Impossibly Easy Chocolate-Coconut Pie



Gluten Free



Popular

READY IN



215 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

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

- ☐ 0.5 cup frangelico
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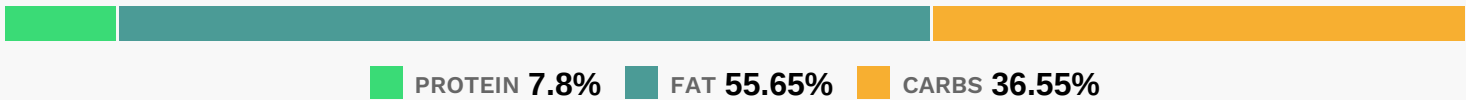
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 350F. 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:8.7591304429199%

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: 295.21kcal (14.76%), Fat: 19.43g (29.89%), Saturated Fat: 10.3g (64.4%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.04g (9.47%), Sugar: 24.73g (27.48%), Cholesterol: 68.89mg (22.96%), 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 (20.12%), Phosphorus: 156.72mg (15.67%), Iron: 2.4mg (13.34%), Magnesium: 48.22mg (12.06%), Selenium: 8.43µg (12.05%), Vitamin B2: 0.19mg (11.03%), Zinc: 1.61mg (10.73%), Fiber: 2.66g (10.66%), Calcium: 105.46mg (10.55%), Vitamin A: 448.6IU (8.97%), Vitamin B12: 0.5µg (8.37%), Potassium: 252.04mg (7.2%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.53mg (5.35%), Vitamin B1: 0.07mg (4.38%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.54mg (3.58%), Folate: 13.68µg (3.42%), Vitamin K: 1.58µg (1.51%), Vitamin B3: 0.29mg (1.44%)