



Impossibly Easy Coconut Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or shredded flaked
- ☐ 0.8 cup sugar
- ☐ 0.5 cup pancake mix
- ☐ 0.3 cup butter melted
- ☐ 1.8 cups milk
- ☐ 1.5 teaspoons vanilla
- ☐ 4 eggs slightly beaten

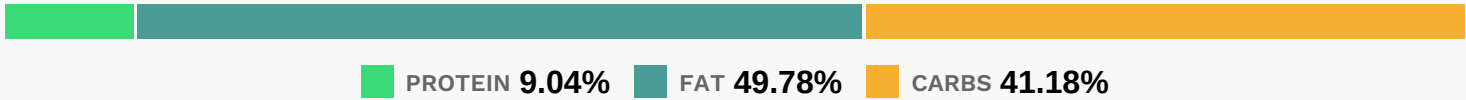
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 350°F. Grease 9-inch pie plate with shortening or cooking spray.
- ☐ In medium bowl, stir all ingredients with fork or wire whisk until blended.
- ☐ Place pie plate onto cookie sheet.
- ☐ Pour filling into pie plate.
- ☐ Place filled pie plate on cookie sheet into preheated oven.
- ☐ Bake 45 to 50 minutes or until golden brown and knife inserted in the center comes out clean. Cool 1 hour before serving. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:14.1, Inflammation Score:-2, Nutrition Score:5.6621738529724%

Nutrients (% of daily need)

Calories: 241.81kcal (12.09%), Fat: 13.59g (20.91%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.24g (8.81%), Sugar: 22.08g (24.54%), Cholesterol: 109.27mg (36.42%), Sodium: 140.42mg (6.11%), Alcohol: 0.26g (100%), Alcohol %: 0.27% (100%), Protein: 5.55g (11.1%), Selenium: 9.76µg (13.94%), Phosphorus: 135.95mg (13.59%), Vitamin B2: 0.21mg (12.24%), Calcium: 98.81mg (9.88%), Vitamin B12: 0.52µg (8.73%), Manganese: 0.17mg (8.61%), Vitamin A: 402.85IU (8.06%), Vitamin D: 1.03µg (6.85%), Vitamin B5: 0.62mg (6.16%), Potassium: 165.38mg (4.73%), Zinc: 0.68mg (4.55%), Fiber: 1.05g (4.22%), Vitamin B6: 0.08mg (4.21%), Vitamin B1: 0.06mg (4.14%), Iron: 0.75mg (4.14%), Folate: 16.08µg (4.02%), Magnesium: 14.26mg (3.57%), Copper: 0.07mg (3.28%), Vitamin E: 0.45mg (2.98%), Vitamin B3: 0.23mg (1.16%)