



Impossibly Easy Coconut Pie

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



229 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 1 cup coconut or shredded flaked
- 4 eggs
- 2 cups milk
- 0.8 cup sugar
- 1.5 teaspoons vanilla
- 0.5 cup frangelico
- 0.5 cup frangelico

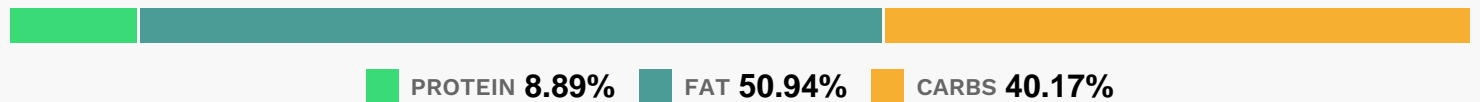
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 350F. Grease 9-inch pie plate with shortening or cooking spray.
- In medium bowl, stir all ingredients until blended.
- Pour into pie plate.
- Bake 50 to 55 minutes or until golden brown and knife inserted in the center comes out clean. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:14.23, Inflammation Score:-3, Nutrition Score:5.3452173976795%

Nutrients (% of daily need)

Calories: 228.81kcal (11.44%), Fat: 13.17g (20.25%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.46g (8.17%), Sugar: 22.45g (24.94%), Cholesterol: 89.16mg (29.72%), Sodium: 123.57mg (5.37%), Alcohol: 0.26g (100%), Alcohol %: 0.27% (100%), Protein: 5.17g (10.34%), Selenium: 9.04µg (12.91%), Phosphorus: 118.15mg (11.81%), Vitamin B2: 0.19mg (11.39%), Vitamin A: 471.36IU (9.43%), Calcium: 91.15mg (9.11%), Vitamin B12: 0.53µg (8.87%), Manganese: 0.16mg (8.05%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.6mg (6.01%), Potassium: 161.92mg (4.63%), Zinc: 0.65mg (4.31%), Vitamin B6: 0.08mg (4.04%), Fiber: 0.9g (3.6%), Iron: 0.64mg (3.55%), Magnesium: 13.46mg (3.37%), Vitamin E: 0.51mg (3.37%), Vitamin B1: 0.05mg (3.36%), Folate: 13.01µg (3.25%), Copper: 0.06mg (3.09%)