



Key Lime-Coconut Pie

 Vegetarian

READY IN



305 min.

SERVINGS



8

CALORIES



557 kcal

DESSERT

Ingredients

- 0.3 cup full fat coconut cream (recommended: Coco Lopez)
- 2 tablespoons confectioners' sugar
- 4 large egg yolks
- 8 graham crackers whole
- 2 tablespoons brown sugar light
- 0.3 cup key lime juice fresh
- 2 teaspoons lime zest grated
- 0.3 cup coconut or sweetened

- 0.5 cup coconut or sweetened lightly toasted for garnish
- 14 ounce condensed milk sweetened canned
- 6 tablespoons butter unsalted melted
- 1 vanilla pod
- 0.3 teaspoon vanilla extract pure
- 1.5 cups whipping cream very cold

Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk
- stand mixer

Directions

- For the pie: Preheat the oven to 325 degrees F.
- Whisk together the yolks, zest, condensed milk, lime juice, and vanilla in a bowl until smooth and thickened, about 2 minutes. Cover and set aside at room temperature for 20 minutes.
- Combine the graham crackers, coconut, and sugar in a food processor and process into fine crumbs.
- Add the butter and process until the mixture just comes together. Pat onto the bottom and sides of a 9-inch glass pie plate.
- Place on a baking sheet and bake until lightly golden brown and firm, about 10 minutes.
- Add the thickened filling to the warm crust, return to the oven, and bake the pie until the center is firm but jiggles slightly when shaken, about 15 minutes.
- Remove and let cool to room temperature, about 1 hour. Cover the surface and refrigerate until chilled and set, about 3 hours.
- Combine the whipping cream, coconut cream, sugar, and vanilla bean seeds in the bowl of a stand mixer fitted with the whisk attachment and whip until soft peaks form.

To serve: Mound the coconut whipped cream on top and sprinkle with toasted coconut.

Nutrition Facts

PROTEIN 5.74% **FAT 59.35%** **CARBS 34.91%**

Properties

Glycemic Index:20.88, Glycemic Load:24.02, Inflammation Score:-6, Nutrition Score:9.7617391607036%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 557.13kcal (27.86%), Fat: 37.53g (57.73%), Saturated Fat: 23.82g (148.89%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 48.19g (17.52%), Sugar: 39.52g (43.91%), Cholesterol: 181.67mg (60.56%), Sodium: 196.61mg (8.55%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 8.17g (16.34%), Vitamin A: 1177.45IU (23.55%), Phosphorus: 233.74mg (23.37%), Vitamin B2: 0.38mg (22.07%), Selenium: 14.89µg (21.27%), Calcium: 200.34mg (20.03%), Vitamin D: 1.43µg (9.53%), Potassium: 329.73mg (9.42%), Manganese: 0.19mg (9.32%), Magnesium: 32mg (8%), Vitamin B5: 0.8mg (7.97%), Zinc: 1.19mg (7.91%), Vitamin B12: 0.47µg (7.89%), Folate: 29.2µg (7.3%), Vitamin B1: 0.11mg (7.1%), Iron: 1.27mg (7.08%), Vitamin E: 0.97mg (6.47%), Fiber: 1.47g (5.9%), Vitamin C: 4.18mg (5.07%), Vitamin B6: 0.1mg (4.76%), Vitamin B3: 0.81mg (4.03%), Copper: 0.08mg (4.03%), Vitamin K: 2.57µg (2.45%)