



Lauriee's Coconut Custard Pie

READY IN



45 min.

SERVINGS



20

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 3.5 ounce coconut or flaked
- ☐ 2 teaspoons cornstarch
- ☐ 4 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 2 9-inch unbaked pie crust
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

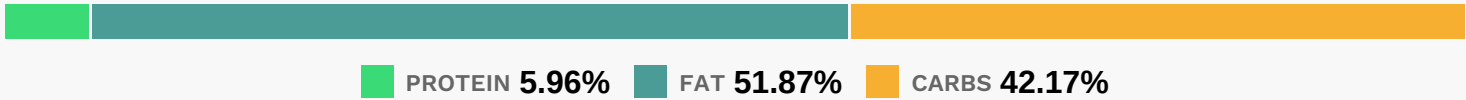
Equipment

☐ oven

Directions

- ☐ Blend the eggs, sugar, and cornstarch.
- ☐ Add the melted butter, milk, and vanilla; stir well.
- ☐ Pour filling into pie shells.
- ☐ Sprinkle with coconut.
- ☐ Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until firm.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:10.47, Inflammation Score:-2, Nutrition Score:4.1573912734571%

Nutrients (% of daily need)

Calories: 260.46kcal (13.02%), Fat: 15.24g (23.45%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 26.58g (9.67%), Sugar: 17.18g (19.09%), Cholesterol: 50.08mg (16.69%), Sodium: 151.61mg (6.59%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 3.94g (7.88%), Manganese: 0.23mg (11.46%), Vitamin B2: 0.14mg (8.25%), Phosphorus: 79.46mg (7.95%), Selenium: 5.32µg (7.6%), Calcium: 57.86mg (5.79%), Fiber: 1.31g (5.24%), Folate: 20.17µg (5.04%), Iron: 0.88mg (4.9%), Vitamin B1: 0.07mg (4.68%), Vitamin A: 231.94IU (4.64%), Vitamin B5: 0.38mg (3.75%), Potassium: 114.21mg (3.26%), Copper: 0.06mg (3.25%), Magnesium: 12.92mg (3.23%), Vitamin B3: 0.61mg (3.07%), Zinc: 0.45mg (2.98%), Vitamin B6: 0.05mg (2.45%), Vitamin E: 0.37mg (2.44%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 2.01µg (1.91%), Vitamin D: 0.19µg (1.29%)