



Lime in the Coconut Pie

READY IN



55 min.

SERVINGS



8

CALORIES



431 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons malibu coconut rum
- 4 large egg yolks
- 1 cup heavy cream
- 3 slices lime for garnish thin
- 0.5 cup juice of lime fresh (4 to 5 limes)
- 1 tablespoon lime zest grated
- 19-inch pie crust frozen prepared
- 0.5 cup coconut flakes sweetened divided
- 14 ounce condensed milk sweetened canned

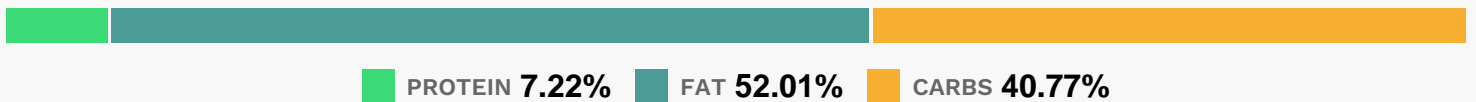
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Preheat oven to 350 degrees F.
- Remove crust from freezer and let thaw for 5 minutes.
- Meanwhile in a bowl, whisk together lime zest, egg yolks, condensed milk, lime juice and rum.
- Mix well. It may look like it's starting to separate but mix it well and it will come together.
- Sprinkle 1/4 cup of the coconut flakes on the bottom of the crust then pour the mixture into the crust and top with the rest of the coconut.
- Bake until the center is set, but still jiggles a bit when the pan is nudged, about 20 to 25 minutes. When baked, cool the pie completely on a wire rack. (At this point the pie can be chilled up to a day ahead and topped when you're ready to serve.)
- For the topping, beat cream in a bowl with an electric mixer until it just holds stiff peaks.
- Spread cream over cooled pie; garnish with lime slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:16.55, Inflammation Score:-5, Nutrition Score:8.8843479260154%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 431.04kcal (21.55%), Fat: 25.33g (38.97%), Saturated Fat: 13.82g (86.39%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 43.37g (15.77%), Sugar: 30.17g (33.53%), Cholesterol: 142.29mg (47.43%), Sodium: 192.88mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.83%), Selenium: 15.3µg (21.86%), Vitamin B2: 0.35mg (20.79%), Phosphorus: 201.96mg (20.2%), Calcium: 180.06mg (18.01%), Vitamin A: 701.86IU (14.04%), Folate: 38.5µg (9.62%), Vitamin B1: 0.14mg (9.33%), Manganese: 0.17mg (8.62%), Vitamin C: 6.99mg (8.47%), Vitamin B5: 0.84mg (8.37%), Potassium: 286.15mg (8.18%), Vitamin B12: 0.43µg (7.19%), Vitamin D: 1.03µg (6.89%), Iron: 1.12mg (6.22%), Zinc: 0.9mg (6%), Magnesium: 23.28mg (5.82%), Fiber: 1.31g (5.22%), Vitamin E: 0.73mg (4.85%), Vitamin B6: 0.09mg (4.34%), Vitamin B3: 0.87mg (4.33%), Vitamin K: 3.25µg (3.09%), Copper: 0.06mg (2.9%)