



## Macadamia Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



684 kcal

DESSERT

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup coconut or flaked
- ☐ 1 cup plus light
- ☐ 4 large eggs lightly beaten
- ☐ 7 ounce jar macadamia nuts (7-ounce)
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split

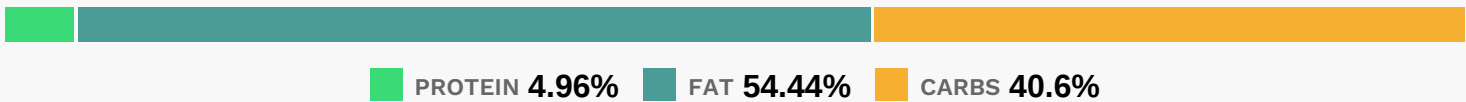
# Equipment

- ☐ bowl
- ☐ oven
- ☐ cookie cutter

# Directions

- ☐ Fit 1 piecrust into a 9" pieplate according to package directions.
- ☐ Cut small circles or other desired shapes from remaining piecrust, using small cookie cutters. Arrange cutouts around edge of pieplate, pressing gently; set aside.
- ☐ Combine eggs and next 3 ingredients in a medium bowl. Scrape vanilla bean seeds into egg mixture; discard vanilla bean pod. Stir mixture well. Stir in macadamia nuts and coconut.
- ☐ Pour filling into prepared piecrust.
- ☐ Bake at 325 for 40 to 45 minutes or until filling is set.
- ☐ Let cool completely.
- ☐ Serve with small scoops of ice cream, if desired.

# Nutrition Facts



# Properties

Glycemic Index:12.39, Glycemic Load:12.17, Inflammation Score:-4, Nutrition Score:12.739130298729%

# Nutrients (% of daily need)

Calories: 683.77kcal (34.19%), Fat: 42.89g (65.99%), Saturated Fat: 12.03g (75.17%), Carbohydrates: 71.95g (23.98%), Net Carbohydrates: 67.62g (24.59%), Sugar: 42.67g (47.41%), Cholesterol: 93mg (31%), Sodium: 332.13mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Manganese: 1.41mg (70.64%), Vitamin B1: 0.48mg (32.1%), Selenium: 12.93µg (18.47%), Fiber: 4.33g (17.31%), Iron: 2.92mg (16.2%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 146.56mg (14.66%), Copper: 0.29mg (14.41%), Folate: 52.22µg (13.05%), Magnesium: 48.59mg (12.15%), Vitamin B3: 2.1mg (10.5%), Vitamin B5: 0.83mg (8.33%), Zinc: 1.18mg (7.86%), Vitamin B6: 0.15mg (7.69%), Vitamin A: 323.32IU (6.47%), Potassium: 208.99mg (5.97%), Vitamin E: 0.83mg (5.51%), Calcium: 53.77mg (5.38%), Vitamin B12: 0.23µg (3.8%), Vitamin K: 3.97µg (3.78%), Vitamin D: 0.5µg (3.33%)