



Mile-High Coconut Cream Meringue Pie

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 egg whites
- ☐ 3 egg yolk beaten
- ☐ 19-inch pie crust dough cooled
- ☐ 1 cup sugar
- ☐ 6 tablespoons sugar
- ☐ 1 cup coconut sweetened flaked
- ☐ 0.5 teaspoon vanilla extract

- ☐ 1 teaspoon vanilla extract
- ☐ 2.3 cups milk whole

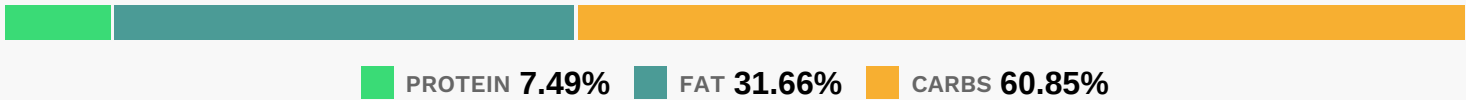
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Sprinkle coconut in crust; set aside. Stir together sugar and cornstarch.
- ☐ Place egg yolks in a medium heavy saucepan; whisk in sugar mixture and milk alternately until smooth.
- ☐ Cook and stir over medium-high heat until boiling and thickened, about 10 to 15 minutes.
- ☐ Remove from heat and stir in vanilla; pour over coconut in crust.
- ☐ For Meringue: In a deep bowl, beat egg whites with an electric mixer on high speed until soft peaks form. Reduce mixer to low speed; add cream of tartar.
- ☐ Gradually beat in sugar, one tablespoon at a time; beat until stiff, glossy peaks form. Beat in vanilla. Spoon Meringue over hot filling, sealing carefully to edge of crust.
- ☐ Bake at 325 degrees until meringue is lightly golden, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:24.95, Inflammation Score:-2, Nutrition Score:6.6452173668405%

Nutrients (% of daily need)

Calories: 383.9kcal (19.2%), Fat: 13.62g (20.95%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 57.2g (20.8%), Sugar: 41.41g (46.01%), Cholesterol: 81.14mg (27.05%), Sodium: 193.79mg (8.43%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 7.25g (14.5%), Selenium: 12.29µg (17.55%), Vitamin B2: 0.26mg (15.52%), Phosphorus: 127.64mg (12.76%), Manganese: 0.23mg (11.32%), Calcium: 100.86mg (10.09%), Vitamin B12: 0.52µg (8.65%), Vitamin B1: 0.12mg (8.1%), Vitamin D: 1.12µg (7.46%), Folate: 28.42µg (7.11%), Fiber: 1.71g (6.85%), Potassium: 220.84mg (6.31%), Vitamin B5: 0.61mg (6.1%), Iron: 1.05mg (5.83%), Magnesium: 20.02mg (5%), Zinc: 0.64mg (4.25%), Vitamin B3: 0.85mg (4.23%), Vitamin A: 208.76IU (4.18%), Vitamin B6: 0.08mg (4.12%), Copper: 0.07mg (3.27%), Vitamin E: 0.32mg (2.16%), Vitamin K: 2.08µg (1.98%)