



Mock Coconut Pie (Spaghetti Squash Pie)

READY IN



60 min.

SERVINGS



8

CALORIES



1209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 9 inch pie shell
- ☐ 3 cups spaghetti squash shredded cooked
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

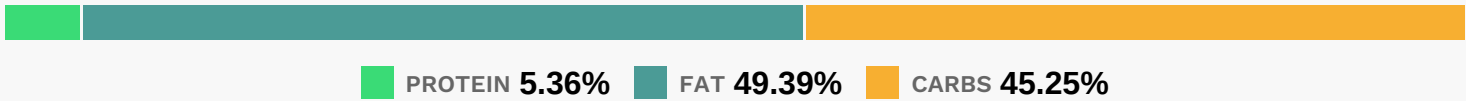
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat the sugar and eggs together in a mixing bowl until light and frothy. Beat in the butter, lemon juice, and vanilla until well blended. Stir in the spaghetti squash.
- ☐ Pour the mixture into the prebaked pie shell. If desired, dust the top with nutmeg and cinnamon.
- ☐ Bake the pie in preheated oven until a knife inserted in the center comes out clean, 40 to 45 minutes. Cool on a rack before serving.
- ☐ Garnish with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:17.476956357127%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1209.15kcal (60.46%), Fat: 66.22g (101.87%), Saturated Fat: 22.55g (140.95%), Carbohydrates: 136.47g (45.49%), Net Carbohydrates: 130.43g (47.43%), Sugar: 25.87g (28.74%), Cholesterol: 76.63mg (25.54%), Sodium: 994.18mg (43.23%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 16.18g (32.36%), Manganese: 1.04mg (51.76%), Vitamin B1: 0.64mg (42.41%), Folate: 169.07µg (42.27%), Iron: 6.24mg (34.66%), Vitamin B3: 6.35mg (31.75%), Vitamin B2: 0.47mg (27.69%), Selenium: 18.19µg (25.99%), Fiber: 6.03g (24.14%), Phosphorus: 199.78mg (19.98%), Vitamin K: 17.21µg (16.39%), Vitamin B5: 1.27mg (12.71%), Magnesium: 39.27mg (9.82%), Copper: 0.19mg (9.65%), Vitamin E: 1.41mg (9.4%), Zinc: 1.29mg (8.58%), Vitamin B6: 0.17mg (8.45%), Potassium: 274.94mg (7.86%), Calcium: 60.29mg (6.03%), Vitamin A: 301IU (6.02%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.29mg (1.56%)