



## Moonshine Pie

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

## Ingredients

- 1 tablespoon bourbon
- 1 cup firmly brown sugar light divided packed
- 2 tablespoons butter
- 8 servings coconut or flaked toasted
- 9 inch coconut piecrust
- 2 eggs separated
- 0.3 cup flour all-purpose
- 1.3 cups milk
- 1 Dash salt

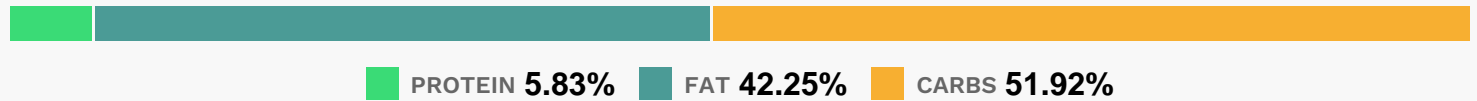
# Equipment

- double boiler

# Directions

- Combine 3/4 cup sugar, flour, and salt in top of a double boiler; add milk, stirring well. Cook over boiling water, stirring constantly, 20 minutes or until thickened.
- Beat egg yolks until thick and lemon colored. Gradually stir about one-fourth hot mixture into yolks; add to remaining hot mixture. Cook 15 minutes over boiling water, stirring frequently. .
- Remove from heat; stir in butter and bourbon. Cool.
- Beat egg whites (at room temperature) until foamy; gradually add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until soft peaks form. Fold egg whites into custard mixture; spoon filling into coconut piecrust.
- Sprinkle with toasted coconut. Chill until set.

# Nutrition Facts



# Properties

Glycemic Index:17.25, Glycemic Load:2.85, Inflammation Score:-2, Nutrition Score:5.3530434473701%

# Nutrients (% of daily need)

Calories: 262.94kcal (13.15%), Fat: 12.53g (19.28%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 32.66g (11.87%), Sugar: 29.47g (32.75%), Cholesterol: 45.49mg (15.16%), Sodium: 80.03mg (3.48%), Alcohol: 0.63g (100%), Alcohol %: 0.8% (100%), Protein: 3.89g (7.78%), Manganese: 0.37mg (18.33%), Selenium: 7.89µg (11.28%), Phosphorus: 90.31mg (9.03%), Calcium: 80.52mg (8.05%), Fiber: 1.99g (7.97%), Vitamin B2: 0.13mg (7.89%), Copper: 0.12mg (5.96%), Iron: 0.97mg (5.4%), Potassium: 179.1mg (5.12%), Vitamin B12: 0.31µg (5.12%), Vitamin A: 246.36IU (4.93%), Magnesium: 19.25mg (4.81%), Vitamin B5: 0.46mg (4.56%), Vitamin B6: 0.09mg (4.34%), Vitamin B1: 0.06mg (4.32%), Vitamin D: 0.64µg (4.26%), Zinc: 0.57mg (3.78%), Folate: 14.27µg (3.57%), Vitamin E: 0.3mg (1.98%), Vitamin B3: 0.39mg (1.93%)