



Old-Fashioned Coconut Cream Pie

READY IN



290 min.

SERVINGS



8

CALORIES



1334 kcal

DESSERT

Ingredients

- 2 eggs beaten
- 0.5 cup flour all-purpose
- 3 cups half-and-half
- 9 inch pie shell
- 0.3 teaspoon salt
- 1 cup coconut or sweetened flaked
- 1 teaspoon vanilla extract
- 1 cup non-dairy whipped topping frozen thawed
- 0.8 cup sugar white

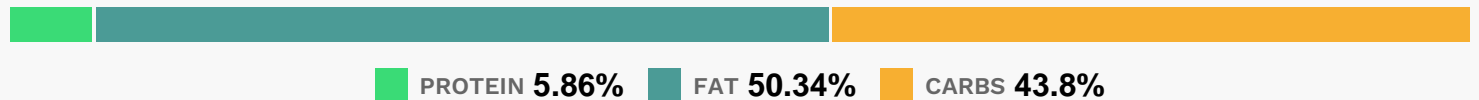
Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spread the coconut on a baking sheet and bake it, stirring occasionally, until golden brown, about 5 minutes.
- In a medium saucepan, combine the half-and-half, eggs, sugar, flour and salt and mix well. Bring to a boil over low heat, stirring constantly.
- Remove the pan from the heat, and stir in 3/4 cup of the toasted coconut and the vanilla extract. Reserve the remaining coconut to top the pie.
- Pour the filling into the pie shell and chill until firm, about 4 hours.
- Top with whipped topping and with the reserved coconut.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:17.4, Inflammation Score:-6, Nutrition Score:20.814347826916%

Nutrients (% of daily need)

Calories: 1334.38kcal (66.72%), Fat: 74.48g (114.58%), Saturated Fat: 28.96g (180.99%), Carbohydrates: 145.79g (48.6%), Net Carbohydrates: 138.9g (50.51%), Sugar: 28.71g (31.9%), Cholesterol: 72.87mg (24.29%), Sodium: 1101.32mg (47.88%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 19.51g (39.02%), Manganese: 1.16mg (57.79%), Vitamin B1: 0.72mg (47.68%), Folate: 180.29µg (45.07%), Vitamin B2: 0.66mg (38.91%), Iron: 6.63mg (36.84%), Selenium: 23.8µg (34%), Vitamin B3: 6.73mg (33.64%), Phosphorus: 296.02mg (29.6%), Fiber: 6.89g (27.55%), Vitamin K: 17.96µg (17.11%), Calcium: 155.3mg (15.53%), Vitamin B5: 1.39mg (13.91%), Magnesium: 52mg (13%), Potassium: 410.53mg (11.73%), Copper: 0.23mg (11.5%), Zinc: 1.65mg (11%), Vitamin E: 1.43mg (9.53%), Vitamin B6: 0.19mg (9.26%), Vitamin A: 389.84IU (7.8%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.22µg (1.47%)