



WHATSheATE



Pastel de Coco (Colombian-Style Coconut Pie)

READY IN



45 min.

SERVINGS



12

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 12 servings dulce de coco (See recipe here)
- ☐ 1 egg yolk
- ☐ 2 tablespoons flour
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 10 tablespoons ice water
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted cold cut into 1/4 inch pieces
- ☐ 7 tablespoons vegetable shortening

Equipment

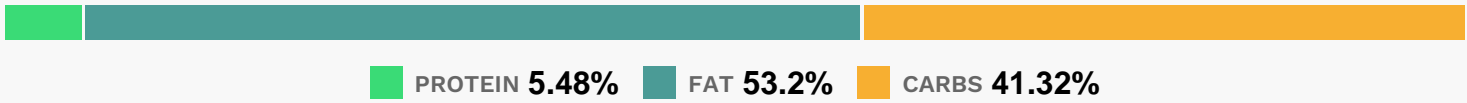
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ pizza cutter
- ☐ pie form

Directions

- ☐ To make the dough, in a bowl, combine the flour, sugar and salt. In a food processor, pulse the flour mixture until blended, about 5 pulses.
- ☐ Add the butter and process until the mixture resembles coarse meal, about 20 pulses.
- ☐ Add 1/3 cup of the ice water and pulse twice. Turn the dough out onto a work surface, divide in half and shape each half into a disk. Wrap the disks separately in plastic wrap and refrigerate for 1 hour.
- ☐ Remove 1 of the pastry disks from the refrigerator and let stand for 5 minutes.
- ☐ Place the dough between 2 sheets of lightly floured waxed paper and roll out until 14 inches round.
- ☐ Brush off the excess flour, transfer to a pie pan and press the dough into the pan. Trim the dough so that it is flush with the top edge of the pan. Cover with plastic wrap and refrigerate for 30 minutes. Preheat an oven to 400°F.
- ☐ Place a baking sheet on the middle rack.
- ☐ Mix all the filling ingredients and set aside. On a lightly floured surface, roll out the remaining dough disk until 12 inches round. Using a pizza cutter or a knife, cut out a strips for the top.
- ☐ Transfer the filling to the pie pan.
- ☐ Lay strips of dough, evenly spaced, across the pie horizontally and vertically. Trim the strips and crimp the pie edges. Lightly brush the top with water and sprinkle with sugar.

Place the pie on the baking sheet and bake until the crust is set and begins to brown, 25 to30 minutes. Rotate the pie and reduce the oven temperature to 375°F degrees. Continue baking until the crust is golden brown, 10 to 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:19.81, Inflammation Score:-3, Nutrition Score:5.4778260614561%

Nutrients (% of daily need)

Calories: 267.91kcal (13.4%), Fat: 15.86g (24.4%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 26.84g (9.76%), Sugar: 2.75g (3.06%), Cholesterol: 36.54mg (12.18%), Sodium: 199.1mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin B1: 0.26mg (17.32%), Selenium: 11.96µg (17.09%), Folate: 61.95µg (15.49%), Manganese: 0.22mg (11.17%), Vitamin B2: 0.17mg (10.12%), Vitamin B3: 1.92mg (9.62%), Iron: 1.56mg (8.66%), Vitamin A: 257.99IU (5.16%), Vitamin E: 0.74mg (4.9%), Vitamin K: 4.74µg (4.52%), Phosphorus: 43.22mg (4.32%), Fiber: 0.88g (3.51%), Copper: 0.05mg (2.59%), Vitamin B5: 0.25mg (2.48%), Magnesium: 7.54mg (1.89%), Zinc: 0.27mg (1.82%), Vitamin D: 0.22µg (1.49%), Potassium: 38.76mg (1.11%)