



Pecan-Coconut-Chess Pie

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



560 kcal

DESSERT

Ingredients

- 1 cup coconut or flaked
- 1.5 tablespoons cornmeal
- 3 eggs beaten
- 1 tablespoon flour all-purpose
- 1 tablespoon juice of lemon
- 0.5 cup butter melted
- 1 cup pecans chopped
- 19-inch unbaked pie crust ()

- 0.5 teaspoon vanilla extract
- 1.5 cups sugar white

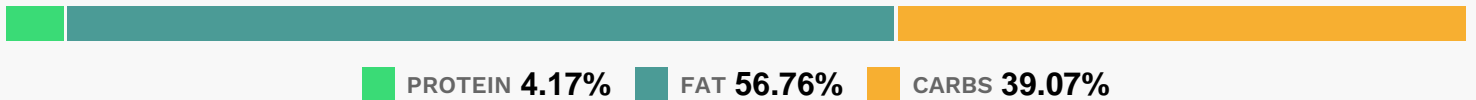
Equipment

- bowl
- oven
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium bowl, mix together cornmeal, sugar, flour, lemon juice, vanilla and margarine.
- Mix in eggs until well blended. Stir in coconut and pecans. Then pour mixture into pie crust.
- Bake in preheated oven for 50 to 55 minutes. Be sure to cover pie with foil. Take off foil when there are 10 to 15 minutes left of bake time.
- Pie will be somewhat "shaky" when removed from oven, but will firm up as it cools.

Nutrition Facts



Properties

Glycemic Index:27.95, Glycemic Load:27.57, Inflammation Score:-5, Nutrition Score:9.4026086745055%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 560.25kcal (28.01%), Fat: 36.42g (56.03%), Saturated Fat: 11.87g (74.18%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 52.53g (19.1%), Sugar: 38.92g (43.24%), Cholesterol: 61.38mg (20.46%), Sodium: 263.91mg (11.47%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 6.02g (12.03%), Manganese: 1.04mg (52.03%), Fiber: 3.87g (15.49%), Copper: 0.29mg (14.38%), Selenium: 9.63µg (13.76%), Vitamin B1: 0.19mg (12.44%), Vitamin A: 604.58IU (12.09%), Phosphorus: 118.96mg (11.9%), Iron: 1.76mg (9.76%), Vitamin B2: 0.17mg (9.74%), Magnesium: 34.56mg (8.64%), Zinc: 1.23mg (8.17%), Folate: 32.08µg (8.02%), Vitamin E: 0.98mg (6.51%), Vitamin B5: 0.59mg (5.87%), Vitamin B6: 0.11mg (5.74%), Vitamin B3: 1.02mg (5.09%), Potassium: 176.63mg (5.05%), Calcium: 31.31mg (3.13%), Vitamin B12: 0.16µg (2.68%), Vitamin K: 2.39µg (2.28%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.06mg (1.29%)