



Pie-O-Neer Coconut Cream Meringue Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 3 large eggs separated
- 8 servings pastry for a 9-inch single-crust pie
- 0.1 teaspoon salt
- 1.3 cups sugar
- 1 cup coconut or dried sweetened flaked
- 1 teaspoon vanilla

2.3 cups milk whole

Equipment

bowl

frying pan

oven

whisk

blender

spatula

Directions

With a fork, prick bottom and sides of unbaked pastry in pan at about 1-inch intervals.

Bake in a 375 regular or convection oven until golden, 15 to 20 minutes.

Let cool on a rack.

Scatter coconut over bottom of pastry.

In a 2- to 3-quart pan, mix 1 cup sugar, 1/4 cup cornstarch, milk, and egg yolks until well blended. Stir over medium-high heat until mixture boils and thickens, 10 to 15 minutes.

Remove from heat and stir in vanilla.

Pour over coconut in crust.

In a small bowl, mix remaining 1/3 cup sugar and 1 1/2 teaspoons cornstarch.

In a deep bowl, with a mixer on high speed (use whisk attachment if available), beat egg whites, cream of tartar, and salt until very foamy.

Add sugar-starch mixture, 1 tablespoon every 30 seconds, and continue to beat until meringue holds stiff, glossy peaks.

Spoon meringue onto hot pie filling. With a spatula, spread meringue evenly to rim of pie shell.

Bake in a 325 regular or convection oven until meringue is lightly browned, 15 to 20 minutes.

Let pie cool on a rack about 3 hours.

Cut into wedges and serve, or invert a large bowl over pie (it shouldn't touch meringue) and chill up to 1 day.

Nutrition Facts

■ PROTEIN 7.39% ■ FAT 24.61% ■ CARBS 68%

Properties

Glycemic Index:20.51, Glycemic Load:24.73, Inflammation Score:-1, Nutrition Score:4.9843478319438%

Nutrients (% of daily need)

Calories: 267.2kcal (13.36%), Fat: 7.44g (11.45%), Saturated Fat: 4.77g (29.78%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 45.16g (16.42%), Sugar: 40.62g (45.13%), Cholesterol: 77.99mg (26%), Sodium: 122.6mg (5.33%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.03g (10.06%), Selenium: 9.32µg (13.32%), Phosphorus: 118.22mg (11.82%), Vitamin B2: 0.19mg (11.27%), Calcium: 96.68mg (9.67%), Vitamin B12: 0.54µg (8.96%), Vitamin D: 1.13µg (7.53%), Manganese: 0.12mg (5.98%), Vitamin B5: 0.56mg (5.58%), Potassium: 184.78mg (5.28%), Fiber: 1.1g (4.41%), Vitamin A: 212.43IU (4.25%), Zinc: 0.61mg (4.07%), Magnesium: 16.25mg (4.06%), Vitamin B6: 0.08mg (3.86%), Vitamin B1: 0.05mg (3.44%), Iron: 0.55mg (3.08%), Copper: 0.05mg (2.58%), Folate: 9.91µg (2.48%), Vitamin E: 0.24mg (1.58%), Vitamin B3: 0.2mg (1.02%)