



Pina Colada Filling

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



607 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 0.3 cup cornstarch
- ☐ 6 egg yolks
- ☐ 1.5 cups half-and-half
- ☐ 3 tablespoons butter
- ☐ 1 teaspoon vanilla extract
- ☐ 10.5 ounce piña colada mix concentrate frozen undiluted thawed canned
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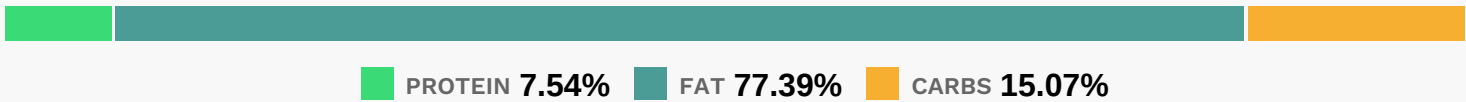
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring first 4 ingredients to a boil in a 3-quart saucepan over medium heat, whisking constantly. Boil, whisking constantly, 1 minute.
- ☐ Remove from heat; whisk in remaining ingredients.
- ☐ Pour mixture into a bowl. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:15.855652275293%

Nutrients (% of daily need)

Calories: 606.57kcal (30.33%), Fat: 53.01g (81.56%), Saturated Fat: 30.5g (190.59%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 18.51g (6.73%), Sugar: 7.45g (8.28%), Cholesterol: 431.15mg (143.72%), Sodium: 234.67mg (10.2%), Alcohol: 0.46g (100%), Alcohol %: 0.28% (100%), Protein: 11.62g (23.23%), Selenium: 29.57µg (42.25%), Manganese: 0.81mg (40.37%), Phosphorus: 318.4mg (31.84%), Vitamin A: 1448.24IU (28.96%), Vitamin B2: 0.46mg (27.04%), Fiber: 4.71g (18.86%), Calcium: 187.84mg (18.78%), Vitamin B5: 1.66mg (16.65%), Vitamin B12: 0.95µg (15.76%), Folate: 58.88µg (14.72%), Vitamin B6: 0.27mg (13.66%), Copper: 0.27mg (13.52%), Vitamin D: 1.94µg (12.96%), Zinc: 1.88mg (12.52%), Vitamin E: 1.79mg (11.93%), Iron: 2.04mg (11.31%), Potassium: 360.98mg (10.31%), Magnesium: 40.3mg (10.07%), Vitamin B1: 0.12mg (7.88%), Vitamin C: 1.54mg (1.87%), Vitamin K: 1.91µg (1.82%), Vitamin B3: 0.32mg (1.6%)