



Pina Colada Key Lime Pie

 Vegetarian

READY IN



149 min.

SERVINGS



10

CALORIES



487 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 3 tablespoons butter melted
- 0.3 cup coconut or shredded toasted
- 0.3 cup coconut chips toasted for garnish
- 2 tablespoons confectioners' sugar
- 8 ounces graham crumbs
- 16 ounces heavy whipping cream very cold
- 2 tablespoons honey

- 4 ounces key lime juice (not Persian lime or lemon)
- 0.3 1/4 cup fresh diced pineapple (about the size of a pea) fresh diced drained (the size of a pea)
- 14 ounce condensed milk sweetened canned
- 2 teaspoons vanilla extract pure

Equipment

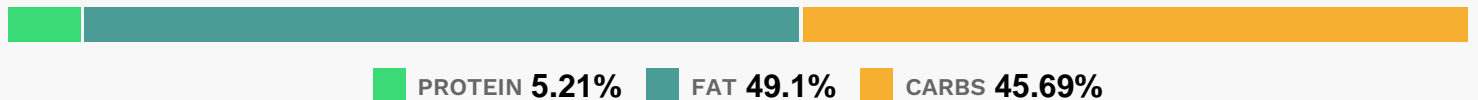
- bowl
- oven
- knife
- whisk
- mixing bowl
- wire rack
- pot
- hand mixer
- stand mixer
- pastry bag
- pie form

Directions

- Preheat the oven to 350 degrees F.
- Combine the graham crumbs, butter, honey, and brown sugar in a bowl. Do not over mix as it will make the crust tough.
- Evenly spread the mixture on the bottom and up the sides of an ungreased 9-inch pie tin or glass pie dish.
- Bake for 8 to 10 minutes.
- Remove from the oven, place on a cooling rack, and let rest.
- Combine the cold whipping cream, confectioners' sugar, and vanilla and whip, using a hand mixer or stand mixer, until peaks form.

- Combine the sweetened condensed milk, diced pineapple, shredded coconut, and 4 ounces of the whipped cream mixture in a 6-quart mixing bowl and whisk well. (
- Place the balance of the whipped cream mixture in the fridge to keep it stiff.) Once well incorporated, slowly add the Key lime juice in intervals, do not add all at once. The juice will have a chemical reaction with the cream, causing it to thicken. Do not over mix as it will break down the mixture, causing it to become runny. The mixture will begin to thicken (you want it thick).
- Once the crust has cooled, spoon the pie filling into the center of the crust and spread evenly towards the edges with a pastry knife or the spoon.
- Place into the fridge for 2 hours to completely set up.
- Fill a pastry bag 1/2 way and squeeze dollops of the remaining whipped cream around the border of the cooled pie.
- Sprinkle coconut chips on top of the whipped cream border. Make a pot of coffee, cut the pie into your desired portion size, and sit down and enjoy!

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:29.74, Inflammation Score:-6, Nutrition Score:8.8443478916002%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 486.7kcal (24.34%), Fat: 27.09g (41.68%), Saturated Fat: 15.99g (99.94%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 55.14g (20.05%), Sugar: 41.13g (45.7%), Cholesterol: 73.78mg (24.59%), Sodium: 270.76mg (11.77%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Protein: 6.47g (12.94%), Vitamin C: 15.98mg (19.37%), Vitamin B2: 0.32mg (18.83%), Phosphorus: 184.19mg (18.42%), Vitamin A: 896.5IU (17.93%), Calcium: 171.84mg (17.18%), Manganese: 0.27mg (13.34%), Selenium: 7.65µg (10.93%), Potassium: 312.69mg (8.93%), Magnesium: 32.96mg (8.24%), Vitamin B1: 0.12mg (8.21%), Iron: 1.32mg (7.33%), Zinc: 1.02mg (6.77%), Fiber: 1.59g (6.35%), Vitamin B3: 1.26mg (6.29%), Folate: 23.91µg (5.98%), Vitamin D: 0.81µg (5.37%), Vitamin B5: 0.53mg (5.28%), Vitamin B6: 0.1mg (5.19%), Vitamin B12: 0.25µg (4.24%), Vitamin E: 0.61mg (4.08%), Copper: 0.06mg (3.05%), Vitamin K: 2.21µg (2.11%)