Pina Colada Pie

READY IN	SERVINGS	CALORIES
100 min.	40	88 kcal

Ingredients

- [ ] 8 oz pineapple crushed drained canned
- [ ] 1 cup knudsen cream sour
- [ ] 1.5 cups baker's angel flake coconut
- [ ] 0.8 cup graham cracker crumbs
- [ ] 2 pkg chocolate flavor pudding instant (4-serving size each)
- [ ] 6 maraschino cherries halved
- [ ] 0.3 cup butter melted
- [ ] 0.8 cup marshmallows jet-puffed miniature
- [ ] 2 cups milk cold
- [ ] 0.5 cup cool whip whipped topping thawed

Equipment

- [ ] oven

Directions

- [ ] Preheat oven to 325F.
- [ ] Mix coconut, graham cracker crumbs and margarine until well blended. Press firmly onto bottom and up side of 9-inch pie plate.
- [ ] Bake 10 minutes; cool.
- [ ] Add milk to dry pudding mix; stir 2 minutes or until well blended. Stir in sour cream until well blended. Gently stir in pineapple and marshmallows; spoon into crust.
- [ ] Refrigerate at least 1 hour. Top with whipped topping and cherries just before serving. Store leftover pie in refrigerator.

Nutrition Facts

PROTEIN **4.32%** FAT **53.73%** CARBS **41.95%**

Properties

Glycemic Index:4.31, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.5139130321534%

Nutrients (% of daily need)

Calories: 87.93kcal (4.4%), Fat: 5.39g (8.3%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.05g (7.83%), Cholesterol: 4.88mg (1.63%), Sodium: 67.81mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Manganese: 0.09mg (4.46%), Phosphorus: 28.16mg (2.82%), Fiber: 0.7g (2.8%), Calcium: 25.7mg (2.57%), Vitamin A: 127.12IU (2.54%), Vitamin B2: 0.04mg (2.17%), Copper: 0.04mg (1.81%), Magnesium: 6.86mg (1.71%), Selenium: 1.14µg (1.63%), Potassium: 55.52mg (1.59%), Vitamin B12: 0.08µg (1.36%), Vitamin B1: 0.02mg (1.31%), Vitamin B6: 0.03mg (1.28%), Zinc: 0.17mg (1.16%), Iron: 0.2mg (1.12%)