



Pina Colada Pie

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



337 kcal

DESSERT

Ingredients

- 0.8 cup pineapple-coconut nectar (recommended: Kern's)
- 3.4 ounce vanilla pudding and pie filling instant (recommended: Jell-O)
- 1 cup coconut milk light (recommended: Thai Kitchen)
- 0.3 cup coconut meat shredded toasted for garnish
- 1 cup coconut meat shredded
- 19-inch pie crust () (recommended: Marie Callender's)
- 1.5 teaspoons rum extract divided
- 8 ounces non-dairy whipped topping divided

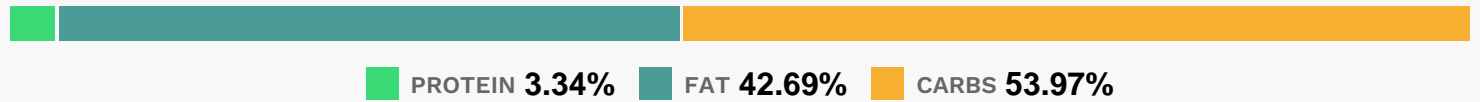
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine nectar, coconut milk, and 1 teaspoon rum extract.
- Sprinkle pudding mix over liquid and whisk for 2 minutes. Fold in coconut and 1/2 of the whipped topping.
- Pour into pre-baked pie crust and chill in refrigerator for at least 3 hours.
- Combine remaining whipped topping with 1/2 teaspoon rum extract. Top chilled pie with whipped topping and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:7.12, Inflammation Score:-1, Nutrition Score:3.4730434715748%

Nutrients (% of daily need)

Calories: 337.4kcal (16.87%), Fat: 16.13g (24.82%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 44.07g (16.02%), Sugar: 26.81g (29.79%), Cholesterol: 0.57mg (0.19%), Sodium: 251.9mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Manganese: 0.3mg (14.95%), Fiber: 1.82g (7.29%), Vitamin B1: 0.08mg (5.51%), Iron: 0.99mg (5.51%), Folate: 21.6µg (5.4%), Phosphorus: 53.34mg (5.33%), Selenium: 3.48µg (4.97%), Vitamin B2: 0.07mg (4.24%), Copper: 0.08mg (3.92%), Vitamin B3: 0.77mg (3.85%), Potassium: 99.79mg (2.85%), Calcium: 27.23mg (2.72%), Vitamin K: 2.76µg (2.63%), Magnesium: 9.73mg (2.43%), Vitamin E: 0.29mg (1.91%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.14mg (1.39%), Vitamin B6: 0.02mg (1.25%)