

Pineapple Coconut Chess Pie

READY IN



90 min.

SERVINGS



8

CALORIES



477 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 15 ounce pineapple crushed drained canned
- 3.5 ounce coconut or flaked
- 3 tablespoons cornmeal
- 4 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 0.3 teaspoon salt
- 1 9-inch unbaked pie crust ()
- 1 teaspoon vanilla extract

1.5 cups sugar white

Equipment

bowl

oven

wire rack

aluminum foil

Directions

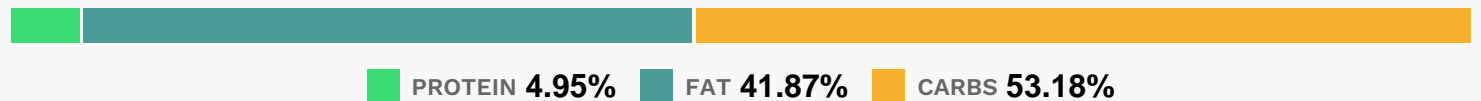
Preheat oven to 350 degrees F (175 degrees C.)

In a large bowl, combine sugar, cornmeal, flour and salt. Blend in eggs and vanilla. Stir in butter, coconut and pineapple.

Pour filling into pie shell.

Bake in the preheated oven for 60 minutes, or until filling is set. Cover with aluminum foil after 40 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.95, Glycemic Load:28.85, Inflammation Score:-3, Nutrition Score:8.0634783661884%

Nutrients (% of daily need)

Calories: 477.36kcal (23.87%), Fat: 22.78g (35.05%), Saturated Fat: 13.52g (84.48%), Carbohydrates: 65.1g (21.7%), Net Carbohydrates: 61.36g (22.31%), Sugar: 46.13g (51.25%), Cholesterol: 97.09mg (32.36%), Sodium: 257.5mg (11.2%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.06g (12.12%), Manganese: 0.5mg (24.84%), Selenium: 11.84µg (16.92%), Fiber: 3.74g (14.96%), Vitamin B2: 0.19mg (11.14%), Vitamin B1: 0.17mg (11.04%), Phosphorus: 103.03mg (10.3%), Copper: 0.2mg (10.25%), Iron: 1.82mg (10.09%), Folate: 36.53µg (9.13%), Magnesium: 30.15mg (7.54%), Vitamin B6: 0.15mg (7.51%), Vitamin A: 322.9IU (6.46%), Vitamin C: 5.18mg (6.28%), Potassium: 205.16mg (5.86%), Vitamin B5: 0.58mg (5.76%), Vitamin B3: 1.13mg (5.63%), Zinc: 0.84mg (5.59%), Vitamin E: 0.59mg (3.94%), Vitamin B12: 0.21µg (3.46%), Calcium: 31.48mg (3.15%), Vitamin D: 0.44µg (2.93%), Vitamin K: 2.81µg (2.68%)