



Pineapple-Coconut Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 1 large eggs lightly beaten
- 1 large egg white lightly beaten
- 0.5 teaspoon ginger fresh grated peeled
- 1.5 cups milk 1% low-fat
- 15.3 ounce pineapple in juice crushed drained canned
- 2 tablespoons stick margarine melted
- 0.5 cup sugar
- 0.3 cup coconut or sweetened flaked

- 1 tablespoon coconut or sweetened flaked toasted
- 1.5 cups vanilla wafer crumbs reduced-calorie (40 cookies)
- 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap

Directions

- Preheat oven to 350
- To prepare crust, combine first 3 ingredients; toss with a fork until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- Bake at 350 for 8 minutes. Cool on a wire rack.
- To prepare filling, combine the sugar, cornstarch, and egg in a medium bowl, stirring well with a whisk.
- Heat milk over medium-high heat in a medium, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium heat until thick and bubbly (about 3 minutes), stirring constantly. Reduce heat to low, and cook 2 minutes, stirring constantly.
- Remove from heat; stir in pineapple, 1/4 cup coconut, and ginger.
- Place pan in a large ice-filled bowl for 15 minutes or until egg mixture is chilled; stir occasionally.
- Remove pan from ice. Fold in whipped topping, and spoon mixture into prepared crust.
- Sprinkle top with toasted coconut. Cover with plastic wrap. Chill 2 hours.

Nutrition Facts

PROTEIN 5.82% FAT 31.79% CARBS 62.39%

Properties

Glycemic Index:20.26, Glycemic Load:20.12, Inflammation Score:-3, Nutrition Score:5.0347826325375%

Nutrients (% of daily need)

Calories: 299.91kcal (15%), Fat: 10.79g (16.6%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 46.19g (16.8%), Sugar: 33.92g (37.69%), Cholesterol: 25.95mg (8.65%), Sodium: 174.76mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin B1: 0.17mg (11.57%), Vitamin B2: 0.18mg (10.85%), Phosphorus: 87.34mg (8.73%), Calcium: 80mg (8%), Selenium: 5.14µg (7.34%), Folate: 25.45µg (6.36%), Vitamin C: 5.09mg (6.17%), Vitamin B12: 0.36µg (6.02%), Fiber: 1.48g (5.9%), Potassium: 202.95mg (5.8%), Vitamin A: 290.14IU (5.8%), Magnesium: 18.19mg (4.55%), Vitamin B6: 0.08mg (4.13%), Vitamin D: 0.61µg (4.08%), Copper: 0.08mg (4.08%), Vitamin B3: 0.8mg (3.98%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.38mg (2.51%), Manganese: 0.05mg (2.48%), Iron: 0.37mg (2.07%), Vitamin E: 0.27mg (1.8%)