



Pineapple Meringue Pie

READY IN



30 min.

SERVINGS



8

CALORIES



651 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon butter
- ☐ 20 oz pineapple crushed drained canned
- ☐ 2 cups pecan shortbread cookie crumbs
- ☐ 0.3 cup cornstarch
- ☐ 3 large eggs separated
- ☐ 2 cups milk
- ☐ 1 cup sugar divided
- ☐ 1.3 cups coconut or sweetened divided flaked

- ☐ 1 teaspoon vanilla extract

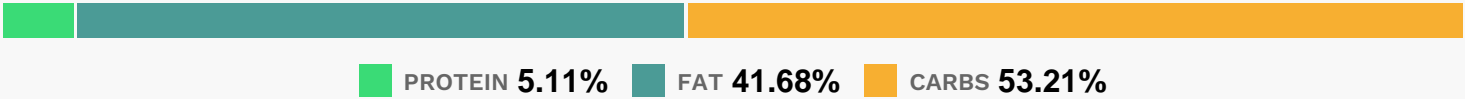
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Stir together cookie crumbs, 1 cup coconut, and 1/4 cup melted butter; firmly press on bottom, up sides, and onto lip of a lightly greased 9-inch pieplate.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly browned.
- ☐ Remove to a wire rack, and let cool 1 hour or until completely cool.
- ☐ Whisk together milk and cornstarch in a heavy saucepan, whisking until cornstarch is dissolved.
- ☐ Whisk in egg yolks and 3/4 cup sugar, whisking until blended. Cook over medium-low heat, whisking constantly, 8 to 10 minutes or until a chilled pudding-like thickness. (
- ☐ Mixture will just begin to bubble and will be thick enough to hold soft peaks when whisk is lifted.)
- ☐ Remove from heat; stir in pineapple, 1 Tbsp. butter, and vanilla. Spoon immediately into cooled piecrust.
- ☐ Beat egg whites at high speed with an electric mixer until foamy.
- ☐ Add remaining 1/4 cup sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar is dissolved.
- ☐ Spread meringue over hot filling, sealing edges.
- ☐ Sprinkle remaining 1/3 cup coconut over meringue.
- ☐ Bake at 350 for 10 to 12 minutes or until golden brown.
- ☐ Remove from oven to wire rack, and let cool 1 hour or until completely cool. Chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:42.2, Inflammation Score:-5, Nutrition Score:11.609130424002%

Nutrients (% of daily need)

Calories: 650.89kcal (32.54%), Fat: 30.53g (46.97%), Saturated Fat: 14.8g (92.53%), Carbohydrates: 87.71g (29.24%), Net Carbohydrates: 84.58g (30.76%), Sugar: 56.12g (62.35%), Cholesterol: 96.08mg (32.03%), Sodium: 357.2mg (15.53%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 8.43g (16.86%), Vitamin B2: 0.38mg (22.4%), Vitamin B1: 0.33mg (21.69%), Manganese: 0.4mg (20.05%), Selenium: 13.5µg (19.28%), Phosphorus: 159.57mg (15.96%), Folate: 60.96µg (15.24%), Iron: 2.54mg (14.09%), Vitamin E: 1.89mg (12.6%), Fiber: 3.13g (12.52%), Vitamin B3: 2.32mg (11.62%), Calcium: 108.62mg (10.86%), Vitamin A: 507.38IU (10.15%), Copper: 0.19mg (9.45%), Magnesium: 36.06mg (9.02%), Potassium: 311.93mg (8.91%), Vitamin B12: 0.51µg (8.52%), Vitamin B6: 0.17mg (8.44%), Vitamin C: 6.66mg (8.08%), Vitamin K: 7.86µg (7.49%), Vitamin B5: 0.72mg (7.23%), Vitamin D: 1.05µg (6.97%), Zinc: 0.97mg (6.44%)