



Raspberry-Lemon Pie In a Toasted Coconut Crust

 Vegetarian  Gluten Free  Low Fod Map

READY IN



145 min.

SERVINGS



8

CALORIES



403 kcal

DESSERT

Ingredients

- 2 cups coconut or shredded
- 2 egg yolk at room temperature
- 3 eggs at room temperature
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1.5 pints raspberries fresh
- 0.5 cup butter unsalted

1.5 cups granulated sugar white

Equipment

bowl

baking sheet

sauce pan

oven

whisk

sieve

plastic wrap

pie form

Directions

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

Spread the coconut onto a baking sheet, and bake in the preheated oven until lightly toasted and golden, about 10 minutes. Watch carefully to prevent burning.

Mix the coconut and 1/2 cup melted butter in a bowl, and chill until it begins to firm, about 15 minutes. Pat the coconut mixture into the bottom and up the sides of a 9-inch pie dish. Chill until set, at least 30 minutes.

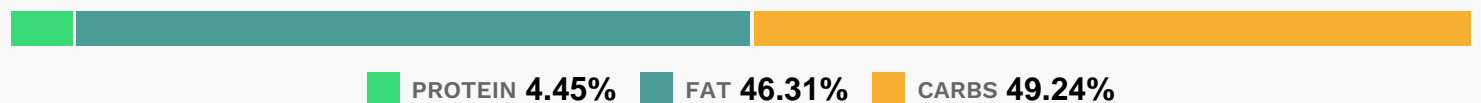
Place sugar, 1/2 cup of butter, lemon juice, eggs, and egg yolks in a saucepan.

Place over low heat, and whisk constantly until thickened, 15 to 20 minutes. Do not boil. Strain the custard through a fine-mesh strainer into a bowl, and stir in the lemon zest.

Place a sheet of plastic wrap directly onto the surface of the custard, and chill thoroughly.

Spoon the lemon custard into the coconut crust, and top with fresh raspberries.

Nutrition Facts



Properties

Glycemic Index:13.26, Glycemic Load:27.55, Inflammation Score:-5, Nutrition Score:11.06086957973%

Flavonoids

Cyanidin: 40.61mg, Cyanidin: 40.61mg, Cyanidin: 40.61mg, Cyanidin: 40.61mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 403.15kcal (20.16%), Fat: 21.69g (33.36%), Saturated Fat: 14.19g (88.71%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 44.21g (16.08%), Sugar: 42.91g (47.68%), Cholesterol: 140.48mg (46.83%), Sodium: 32.53mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Manganese: 0.9mg (45.23%), Vitamin C: 27.82mg (33.73%), Fiber: 7.67g (30.68%), Selenium: 10.16µg (14.52%), Vitamin A: 538.65IU (10.77%), Phosphorus: 102.65mg (10.27%), Folate: 40.2µg (10.05%), Vitamin E: 1.45mg (9.68%), Copper: 0.19mg (9.45%), Vitamin B2: 0.15mg (8.86%), Iron: 1.54mg (8.57%), Vitamin B5: 0.77mg (7.67%), Vitamin K: 8.03µg (7.65%), Magnesium: 28.98mg (7.24%), Potassium: 246.05mg (7.03%), Zinc: 0.93mg (6.21%), Vitamin B6: 0.11mg (5.43%), Vitamin D: 0.79µg (5.24%), Calcium: 45.27mg (4.53%), Vitamin B12: 0.26µg (4.31%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.67mg (3.34%)