



Sky-High Coconut Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 0.3 cup cornstarch
- ☐ 2 tablespoons cream of coconut (such as Coco Lopez)
- ☐ 1 teaspoon cream of tartar
- ☐ 8 large egg whites
- ☐ 2 large eggs lightly beaten
- ☐ 6 ounce graham cracker crust reduced-fat
- ☐ 2 cups milk 1% low-fat
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 cup water

Equipment

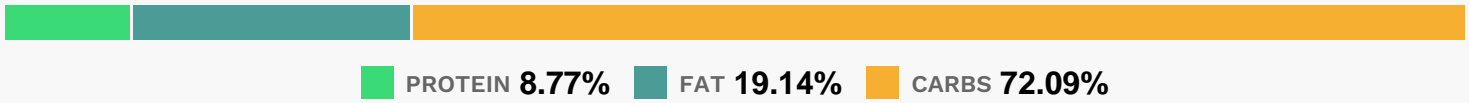
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ candy thermometer

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan.
- ☐ Combine milk and eggs; gradually add to sugar mixture. Bring to a boil over medium heat; cook 1 minute or until thick, stirring constantly with a whisk.
- ☐ Remove from heat; stir in cream of coconut and extracts.
- ☐ Pour filling into pie crust. Cover with plastic wrap, and chill until firm (about 2 hours).
- ☐ To prepare meringue, combine 1 cup sugar and water in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 24
- ☐ Beat egg whites and cream of tartar at high speed of a mixer until foamy.
- ☐ Pour hot sugar syrup in a thin stream over egg white mixture, beating at high speed until stiff peaks form.
- ☐ Remove plastic wrap from filling.
- ☐ Spread the meringue evenly over filling, sealing to edge of crust.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 15 minutes or until lightly browned; cool on a wire rack. Chill until set.

Banana Cream Pie Variation: Prepare recipe as directed above, but omit the cream of coconut and coconut extract in the filling. Arrange 1 cup sliced banana in bottom of crust; pour filling over bananas, and top with meringue.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:24.43, Inflammation Score:-1, Nutrition Score:5.2065217754115%

Nutrients (% of daily need)

Calories: 298.36kcal (14.92%), Fat: 6.41g (9.86%), Saturated Fat: 2g (12.51%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 53.83g (19.57%), Sugar: 43.14g (47.93%), Cholesterol: 39.56mg (13.19%), Sodium: 217.99mg (9.48%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 6.61g (13.22%), Vitamin B2: 0.27mg (15.93%), Selenium: 10.08µg (14.41%), Manganese: 0.23mg (11.52%), Phosphorus: 92.72mg (9.27%), Calcium: 72.71mg (7.27%), Vitamin B12: 0.4µg (6.68%), Potassium: 201.74mg (5.76%), Vitamin D: 0.72µg (4.79%), Folate: 17.76µg (4.44%), Vitamin B1: 0.06mg (4.22%), Vitamin B5: 0.4mg (4.04%), Iron: 0.68mg (3.79%), Zinc: 0.56mg (3.74%), Vitamin K: 3.79µg (3.61%), Magnesium: 13.93mg (3.48%), Vitamin B3: 0.64mg (3.19%), Vitamin B6: 0.06mg (2.98%), Vitamin A: 146.68IU (2.93%), Copper: 0.06mg (2.92%), Vitamin E: 0.43mg (2.86%), Fiber: 0.48g (1.92%)