



Toasted Coconut, Pecan, and Caramel Pie

READY IN



100 min.

SERVINGS



16

CALORIES



1394 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 12 ounce caramel ice cream topping
- ☐ 8 ounce coconut or flaked
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup pecans chopped
- ☐ 18 inch pie shells
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 12 ounce non-dairy whipped topping frozen thawed

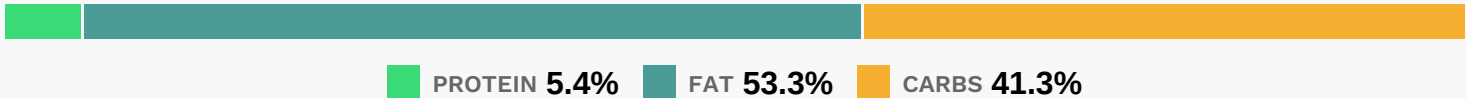
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a medium skillet, melt butter or margarine over medium heat.
- ☐ Add coconut and pecans. Toss well, and saute until coconut is lightly browned. Set aside to cool.
- ☐ In a large mixing bowl, beat cream cheese until fluffy.
- ☐ Add condensed milk and mix until smooth. Fold in whipped topping.
- ☐ Spread 1/4 of cream cheese mixture into each pastry shell.
- ☐ Sprinkle 1/4 of coconut mixture over each pie.
- ☐ Drizzle 1/2 of caramel topping over each coconut layer. Follow with remaining cream cheese mixture, then remaining coconut mixture.
- ☐ Pies may be served chilled or frozen.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:8.46, Inflammation Score:-6, Nutrition Score:21.471304213223%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 1393.56kcal (69.68%), Fat: 82.95g (127.62%), Saturated Fat: 35.13g (219.56%), Carbohydrates: 144.64g (48.21%), Net Carbohydrates: 136.37g (49.59%), Sugar: 32.34g (35.94%), Cholesterol: 30.8mg (10.27%), Sodium: 1112.13mg (48.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.81%), Manganese: 1.55mg (77.53%), Vitamin B1: 0.68mg (45.32%), Folate: 164.7µg (41.17%), Iron: 6.49mg (36.06%), Fiber: 8.26g (33.05%), Vitamin B2: 0.56mg (32.78%), Vitamin B3: 6.29mg (31.44%), Selenium: 21.29µg (30.41%), Phosphorus: 303.44mg (30.34%), Vitamin K: 17.96µg (17.11%), Copper: 0.33mg (16.54%), Calcium: 159.38mg (15.94%), Magnesium: 60.98mg (15.24%), Vitamin B5: 1.36mg (13.58%), Potassium: 456.28mg (13.04%), Zinc: 1.78mg (11.87%), Vitamin E: 1.51mg (10.04%), Vitamin B6: 0.19mg (9.36%), Vitamin A: 384.26IU (7.69%), Vitamin B12: 0.23µg (3.79%), Vitamin C: 1mg (1.21%)