



Tropical Coconut Cream Pie in Coconut Cookie Crust

 Very Healthy

READY IN



300 min.

SERVINGS



1

CALORIES



4678 kcal

Ingredients

- 1 large banana sliced
- 0.3 cup butter melted
- 0.5 cup baker's angel flake coconut toasted
- 1.7 cups baker's angel flake coconut divided
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.5 cups milk cold
- 8 oz pineapple in juice crushed drained well canned
- 1.5 cups shortbread cookies crushed finely

1.5 cups cool whip whipped topping thawed

Equipment

bowl

oven

whisk

Directions

Heat oven to 325F.

Mix cookie crumbs, 2/3 cup untoasted coconut and butter in medium bowl until blended; press onto bottom and up side of 9-inch pie plate.

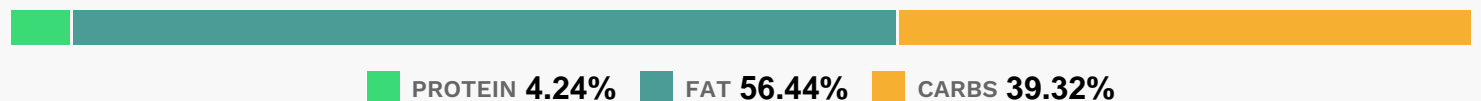
Bake 10 min. or until golden brown. Cool.

Beat pudding mix and milk in large bowl with whisk 2 min. Stir in remaining untoasted coconut. Arrange banana slices on bottom of crust; cover with pudding mixture. Gently stir pineapple into COOL WHIP; spread over pudding layer.

Sprinkle with toasted coconut.

Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:156.78, Glycemic Load:163.5, Inflammation Score:-10, Nutrition Score:73.431738646134%

Flavonoids

Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 4677.67kcal (233.88%), Fat: 300.27g (461.95%), Saturated Fat: 166.54g (1040.85%), Carbohydrates: 470.71g (156.9%), Net Carbohydrates: 429.02g (156.01%), Sugar: 259.75g (288.61%), Cholesterol: 46.17mg (15.39%),

Sodium: 2870.19mg (124.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.72g (101.43%), Manganese: 6.96mg (348.19%), Fiber: 41.7g (166.78%), Vitamin B1: 1.87mg (124.78%), Vitamin B2: 2.09mg (123.07%), Phosphorus: 1131.64mg (113.16%), Copper: 2.17mg (108.46%), Iron: 17.87mg (99.27%), Selenium: 68.86µg (98.37%), Folate: 346.7µg (86.68%), Vitamin B6: 1.73mg (86.31%), Magnesium: 340.24mg (85.06%), Vitamin E: 12.74mg (84.95%), Potassium: 2794.11mg (79.83%), Vitamin A: 3888.4IU (77.77%), Vitamin B3: 14.81mg (74.07%), Calcium: 694.68mg (69.47%), Zinc: 7.5mg (50.03%), Vitamin K: 46.56µg (44.34%), Vitamin B5: 4.43mg (44.28%), Vitamin C: 36.06mg (43.71%), Vitamin B12: 2.28µg (37.95%), Vitamin D: 4.03µg (26.84%)