



White Chocolate-Coconut Cream Pie

READY IN



240 min.

SERVINGS



1

CALORIES



3433 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white divided
- 3.4 oz jell-o coconut cream flavor pudding instant
- 1 cup baker's angel flake coconut divided
- 0.8 cup graham cracker crumbs
- 0.3 cup butter melted
- 1.8 cups milk cold
- 1.3 cups whipping cream divided

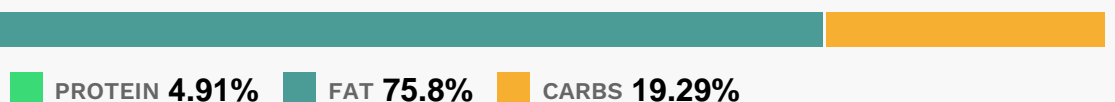
Equipment

- bowl
- oven
- whisk
- blender
- microwave

Directions

- Heat oven to 350F.
- Mix 3/4 cup coconut, margarine and crumbs in 9-inch pie plate; press onto bottom and up side of pie plate.
- Bake 10 min.
- Microwave 2 oz. chocolate in small microwaveable bowl on HIGH 1 to 1-1/2 min., stirring every 30 sec. Stir until chocolate is completely melted.
- Spread onto bottom of crust. Refrigerate 15 min. or until chocolate is firm.
- Meanwhile, beat pudding mix and milk with whisk 2 min. Stir in remaining coconut; pour into crust. Refrigerate until ready to add next layer.
- Microwave remaining chocolate and 1/4 cup whipping cream in large microwaveable bowl on HIGH 2 min., stirring after 1 min. Stir until chocolate is completely melted and mixture is well blended. Cool completely, stirring occasionally.
- Beat remaining whipping cream in chilled large bowl with mixer on high speed until soft peaks form.
- Add half the whipped cream to chocolate mixture; whisk until blended. Stir in remaining whipped cream. Spoon over filling in crust.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:182, Glycemic Load:88.35, Inflammation Score:-10, Nutrition Score:54.516956515934%

Nutrients (% of daily need)

Calories: 3433.15kcal (171.66%), Fat: 297.72g (458.04%), Saturated Fat: 187.1g (1169.4%), Carbohydrates: 170.55g (56.85%), Net Carbohydrates: 152.21g (55.35%), Sugar: 116.87g (129.85%), Cholesterol: 411.23mg (137.08%), Sodium: 1330.27mg (57.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.37g (86.74%), Manganese: 3.62mg (180.96%), Vitamin A: 7128.96IU (142.58%), Phosphorus: 1236.41mg (123.64%), Calcium: 1046.72mg (104.67%), Vitamin B2: 1.73mg (101.5%), Fiber: 18.34g (73.38%), Vitamin D: 9.46µg (63.05%), Potassium: 2157.6mg (61.65%), Copper: 1.16mg (58.24%), Vitamin B12: 3.47µg (57.89%), Magnesium: 228.03mg (57.01%), Selenium: 37.87µg (54.09%), Zinc: 7.16mg (47.73%), Iron: 8.19mg (45.51%), Vitamin E: 6.17mg (41.15%), Vitamin B5: 4.02mg (40.2%), Vitamin B1: 0.6mg (39.95%), Vitamin B6: 0.8mg (39.83%), Vitamin B3: 5.25mg (26.24%), Vitamin K: 21.38µg (20.36%), Folate: 79.2µg (19.8%), Vitamin C: 6.44mg (7.81%)