

# Buttermilk Coconut Custard Pie

Randolph House Country Inn - Bryson City, NC  
The Great Country Inns of America Cookbook (2nd ed) (1992)

## Servings: 6

2 nine-inch pie shells  
1/2 cup butter or margarine, melted  
1 1/2 cups sugar  
3/4 cup buttermilk  
4 ounces coconut (fresh or frozen)  
5 eggs  
1 1/2 teaspoons vanilla extract  
pinch salt (optional)

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Preheat the oven to 350 degrees.

Prebake the pie shells for 4 minutes. Set aside to cool.

Reduce the oven to 325 degrees.

In a bowl, combine the butter, sugar, buttermilk, eggs, coconut and vanilla. Pour into the pie shells.

Bake on a cookie sheet for 40 to 45 minutes. Cool.

Serve at room temperature. Cover with meringue or serve with whipped cream, if desired.

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Per Serving (excluding unknown items): 673 Calories; 36g Fat (47.6% calories from fat); 10g Protein; 79g Carbohydrate; 1g Dietary Fiber; 219mg Cholesterol; 636mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat; 3 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	673	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	46.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	36g	Folacin (mcg):	28mcg
Saturated Fat (g):	15g	Niacin (mg):	1mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg

**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 219mg  
**Carbohydrate (g):** 79g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 10g  
**Sodium (mg):** 636mg  
**Potassium (mg):** 141mg  
**Calcium (mg):** 94mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 791IU  
**Vitamin A (r.e.):** 204RE

**Alcohol (kcal):** 3  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 2  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6 1/2  
**Other Carbohydrates:** 3 1/2

### Nutrition Facts

Servings per Recipe: 6

#### Amount Per Serving

**Calories** 673                      **Calories from Fat:** 321

#### % Daily Values\*

<b>Total Fat</b> 36g	55%
Saturated Fat 15g	76%
<b>Cholesterol</b> 219mg	73%
<b>Sodium</b> 636mg	26%
<b>Total Carbohydrates</b> 79g	26%
Dietary Fiber 1g	6%
<b>Protein</b> 10g	
<b>Vitamin A</b>	16%
<b>Vitamin C</b>	1%
<b>Calcium</b>	9%
<b>Iron</b>	11%

\* Percent Daily Values are based on a 2000 calorie diet.