

# Coconut Meringue Pie

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## Servings: 8

*1 Reddy-Crust chocolate pie crust*  
*1 egg yolk, slightly beaten*  
*1/2 cup sugar*  
*1/3 cup all-purpose flour*  
*2 cups milk*  
*3 egg yolks, beaten*  
*3/4 cup flaked coconut*  
*1 tablespoon margarine or butter*  
*1 teaspoon vanilla*  
**MERINGUE**  
*3 egg whites*  
*1/2 teaspoon vanilla*  
*1/4 teaspoon cream of tartar*  
*1/3 cup sugar*  
*2 tablespoons flaked coconut*

## Preparation Time: 20 minutes

Preheat to 350 degrees.

Brush the bottom and sides of the crust with one egg yolk. Place on a baking sheet. Bake for 5 minutes.

In a medium saucepan, stir together one-half cup of sugar and the flour. Stir in the milk. Cook and stir over medium heat until the mixture thickens and boils.

Gradually stir about half of the hot mixture into three egg yolks. Return the egg yolk mixture to the mixture in the saucepan. Cook and stir until the mixture boils. Boil gently for 1 minute. Remove from the heat. Stir in the coconut, margarine and vanilla. Keep warm.

For the meringue: In a small mixing bowl, beat the egg whites, vanilla and cream of tartar on high speed with an electric mixer until foamy. Gradually add the sugar, beating until soft peaks form.

Pour the filling into the crust. Spread the meringue over the warm filling, carefully sealing to the edge of the crust. Sprinkle with the two tablespoons of coconut. Place on a baking sheet.

Bake for 15 minutes or until brown.

Cool on a wire rack for one hour.

Refrigerate at least three hours or until set. Store in the refrigerator.

Start to Finish Time: 4 hours 35 minutes

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Per Serving (excluding unknown items): 188 Calories; 6g Fat (29.1% calories from fat); 5g Protein; 28g Carbohydrate; trace Dietary Fiber; 118mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	188
<b>% Calories from Fat:</b>	29.1%
<b>% Calories from Carbohydrates:</b>	59.7%
<b>% Calories from Protein:</b>	11.2%
<b>Total Fat (g):</b>	6g
<b>Saturated Fat (g):</b>	3g
<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	118mg
<b>Carbohydrate (g):</b>	28g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	69mg
<b>Potassium (mg):</b>	140mg
<b>Calcium (mg):</b>	86mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	292IU
<b>Vitamin A (r.e.):</b>	85RE

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	.5mcg
<b>Thiamin B1 (mg):</b>	.1mg
<b>Riboflavin B2 (mg):</b>	.2mg
<b>Folacin (mcg):</b>	24mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	2
<b>% Refuse:</b>	0.0%

**Food Exchanges**

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	1 1/2

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 188 Calories from Fat: 55

**% Daily Values\***

<b>Total Fat</b> 6g	9%
Saturated Fat 3g	15%
<b>Cholesterol</b> 118mg	39%
<b>Sodium</b> 69mg	3%
<b>Total Carbohydrates</b> 28g	9%
Dietary Fiber trace	1%
<b>Protein</b> 5g	

<b>Vitamin A</b>	6%
<b>Vitamin C</b>	1%
<b>Calcium</b>	9%
<b>Iron</b>	3%

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