

Easy Coconut Pie

Mrs. Norman Saurage III

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

3 eggs

1 1/3 cups sugar

1/2 cup milk

2 tablespoons butter, melted

1/4 teaspoon salt

1 teaspoon vanilla

1 can (3-1/2 ounce) coconut

1 nine-inch unbaked pie shell

Preheat the oven to 350 degrees.

Place the pie shell in a nine-inch pie plate.

In a bowl, beat together the eggs and sugar with a fork until well blended.

Mix in the milk, butter, salt, vanilla and coconut. Pour the filling into the pie shell.

Bake for one hour.

Per Serving (excluding unknown items): 368 Calories; 22g Fat (51.5% calories from fat); 5g Protein; 42g Carbohydrate; 4g Dietary Fiber; 89mg Cholesterol; 140mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	368	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	43.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	22g	Folacin (mcg):	23mcg
Saturated Fat (g):	17g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	2
Cholesterol (mg):	89mg	% Refuse:	0 0%
Carbohydrate (g):	42g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	1/2

Sodium (mg): 140mg
Potassium (mg): 226mg
Calcium (mg): 37mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 219IU
Vitamin A (r.e.): 59RE

Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 368 **Calories from Fat:** 190

% Daily Values*

Total Fat	22g	34%
	Saturated Fat 17g	87%
Cholesterol	89mg	30%
Sodium	140mg	6%
Total Carbohydrates	42g	14%
	Dietary Fiber 4g	18%
Protein	5g	

Vitamin A	4%
Vitamin C	3%
Calcium	4%
Iron	9%

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