

Coconut Custard Pie II

*Brenda Miller - The Church Ladies Divine Desserts
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*1 1/2 cups graham cracker crumbs
1/3 cup butter, melted
1/4 cup sugar
3 large eggs, well beaten
2 cups whipping cream
3/4 cup sweetened flaked coconut
1/2 cup sugar
1 teaspoon vanilla extract*

Preheat the oven to 350 degrees.

Stir together the graham cracker crumbs, butter and sugar. Press on the bottom and up the sides of a lightly greased nine-inch pie plate. Bake for 12 minutes. Cool completely on a wire rack.

Increase the oven temperature to 425 degrees.

In a bowl, whisk together the eggs, whipping cream, coconut, sugar and vanilla extract. Pour into the crust.

Bake for 15 minutes.

Reduce the oven temperature to 325 degrees.

Shield the edges of the pie with foil.

Bake for 20 minutes or until set. Cool completely.

Per Serving (excluding unknown items): 3526 Calories; 264g Fat (66.5% calories from fat); 38g Protein; 262g Carbohydrate; 4g Dietary Fiber; 1452mg Cholesterol; 1771mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 51 Fat; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3526	Vitamin B6 (mg):	.4mg
% Calories from Fat:	66.5%	Vitamin B12 (mcg):	2.9mcg

% Calories from Carbohydrates: 29.3%
% Calories from Protein: 4.2%
Total Fat (g): 264g
Saturated Fat (g): 155g
Monounsaturated Fat (g): 80g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 1452mg
Carbohydrate (g): 262g
Dietary Fiber (g): 4g
Protein (g): 38g
Sodium (mg): 1771mg
Potassium (mg): 752mg
Calcium (mg): 435mg
Iron (mg): 8mg
Zinc (mg): 4mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 10018IU
Vitamin A (r.e.): 2780 1/2RE

Thiamin B1 (mg): .5mg
Riboflavin B2 (mg): 1.7mg
Folacin (mcg): 113mcg
Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refused: 0.0%

Food Exchanges

Grain (Starch): 6 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 51
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 3526 **Calories from Fat:** 2343

% Daily Values*

Total Fat	264g	407%
Saturated Fat	155g	776%
Cholesterol	1452mg	484%
Sodium	1771mg	74%
Total Carbohydrates	262g	87%
Dietary Fiber	4g	14%
Protein	38g	
Vitamin A		200%
Vitamin C		5%
Calcium		44%
Iron		43%

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