

# Coconut Pie IV

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

1 cup sugar  
1/4 teaspoon salt  
2 3/4 cups milk  
4 eggs, separated  
3 rounded tablespoons cornstarch  
2 teaspoons vanilla  
1/4 stick butter or margarine  
4 tablespoons sugar  
1 package frozen coconut, thawed  
1 nine-inch baked deep-dish pie shell

Preheat the oven to 300 degrees.

In a bowl, mix one cup of sugar, four egg yolks, salt, milk, cornstarch and the butter. Cook in a microwave for 8 minutes, stirring every 2 minutes until thickened.

Add the vanilla and coconut, reserving 1/2 cup of coconut for the top of the meringue. Pour into the prepared pie shell.

For the meringue: In a bowl, beat the egg whites until stiff. Add four tablespoons of sugar. Beat well. Spread onto the prepared pie. Sprinkle 1/2 cup of coconut on top of the pie.

Bake for 40 minutes.

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Per Serving (excluding unknown items): 3367 Calories; 65g Fat (17.7% calories from fat); 48g Protein; 636g Carbohydrate; 3g Dietary Fiber; 1001mg Cholesterol; 1413mg Sodium. Exchanges: 23 Grain(Starch); 3 Lean Meat; 2 1/2 Non-Fat Milk; 10 Fat; 17 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3367	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	17.7%	<b>Vitamin B12 (mcg):</b>	5.0mcg
<b>% Calories from Carbohydrates:</b>	76.5%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	5.8%	<b>Riboflavin B2 (mg):</b>	2.1mg
<b>Total Fat (g):</b>	65g	<b>Folacin (mcg):</b>	130mcg
<b>Saturated Fat (g):</b>	34g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	21g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 1001mg  
**Carbohydrate (g):** 636g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 48g  
**Sodium (mg):** 1413mg  
**Potassium (mg):** 1308mg  
**Calcium (mg):** 926mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 2688IU  
**Vitamin A (r.e.):** 749 1/2RE

**Alcohol (kcal):** 25  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 23  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 2 1/2  
**Fat:** 10  
**Other Carbohydrates:** 17

## Nutrition Facts

### Amount Per Serving

**Calories** 3367                      **Calories from Fat:** 596

### % Daily Values\*

<b>Total Fat</b> 65g	101%
Saturated Fat 34g	172%
<b>Cholesterol</b> 1001mg	334%
<b>Sodium</b> 1413mg	59%
<b>Total Carbohydrates</b> 636g	212%
Dietary Fiber 3g	14%
<b>Protein</b> 48g	
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<b>Vitamin A</b>	54%
<b>Vitamin C</b>	10%
<b>Calcium</b>	93%
<b>Iron</b>	33%

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