

Impossible Coconut Pie

Doreen Recco

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 cups whole milk
 1 cup sugar
 1 cup coconut
 4 eggs
 1/2 cup Bisquick® baking mix
 1/4 cup butter or margarine
 1 teaspoon vanilla

Preheat the oven to 375 degrees.

Place all of the ingredients in a blender. Blend on high for 3 minutes.

Pour into a buttered pie dish.

Bake for one hour or until golden brown and set.

Per Serving (excluding unknown items): 2312 Calories; 117g Fat (44.8% calories from fat); 48g Protein; 276g Carbohydrate; 9g Dietary Fiber; 1039mg Cholesterol; 1705mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 1 Fruit; 2 Non-Fat Milk; 20 1/2 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2312
% Calories from Fat:	44.8%
% Calories from Carbohydrates:	46.9%
% Calories from Protein:	8.2%
Total Fat (g):	117g
Saturated Fat (g):	69g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	1039mg
Carbohydrate (g):	276g
Dietary Fiber (g):	9g
Protein (g):	48g
Sodium (mg):	1705mg
Potassium (mg):	1410mg
Calcium (mg):	793mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	4.4mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	2.0mg
Folacin (mcg):	143mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	n n%

Food Exchanges

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

Iron (mg): 7mg
Zinc (mg): 5mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 3325IU
Vitamin A (r.e.): 894 1/2RE

Fat: 20 1/2
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 2312 **Calories from Fat:** 1036

% Daily Values*

Total Fat 117g	180%
Saturated Fat 69g	344%
Cholesterol 1039mg	346%
Sodium 1705mg	71%
Total Carbohydrates 276g	92%
Dietary Fiber 9g	35%
Protein 48g	
Vitamin A	66%
Vitamin C	12%
Calcium	79%
Iron	40%

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