

# Mango Pie with Coconut Crust

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## Servings: 8

2 1/2 cups all-purpose flour  
1/2 teaspoon salt  
2/3 cup cold butter, cubed  
2/3 to 3/4 cup ice water  
5 cups (about 4 large) mangoes, sliced and peeled  
2 tablespoons dark rum or orange juice  
1/3 cup sugar  
2 tablespoons quick-cooking tapioca  
3/4 teaspoon ground ginger  
1/4 teaspoon ground cardamom  
dash white pepper  
1/8 teaspoon salt  
1/3 cup flaked coconut, toasted

## Preparation Time: 50 minutes

### Bake: 45 minutes

In a bowl, mix the flour and the salt. Cut in the butter until crumbly. Gradually add the ice water, tossing with a fork until the dough holds together when pressed. Divide the dough in half. Shape each half into a disk and wrap in plastic wrap. Refrigerate for 30 minutes or overnight.

Preheat the oven to 400 degrees.

In a large bowl, toss the mangoes with the rum.

In a small bowl, mix the sugar, tapioca, spices and salt. Stir into the fruit mixture. Let stand for 15 minutes.

Sprinkle the coconut onto a lightly floured surface. Place one half of the dough on the coconut. Roll to a 1/8-inch-thick circle. Transfer to a nine-inch pie plate, coconut side down. Trim the pastry even with the rim. Add the mango filling.

Roll the remaining dough to a 1/8-inch-thick circle. Cut into 1/2-inch-wide strips. Arrange over the filling in a lattice pattern. Trim and seal the strips to the edge of the bottom pastry. Flute the edge.

Bake for 45 to 50 minutes or until the filling is bubbly. If needed, cover the edge loosely with foil during the last 15 minutes to prevent overbrowning. Remove the foil. Cool on a wire rack.

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Per Serving (excluding unknown items): 309 Calories; 16g Fat (45.2% calories from fat); 4g Protein; 38g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 321mg Sodium. Exchanges: 2 Grain(Starch); 3 Fat; 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	309	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	45.2%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	49.3%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	5.4%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	16g	<b>Folacin (mcg):</b>	61mcg
<b>Saturated Fat (g):</b>	10g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	41mg	<b>% Protein:</b>	11%
<b>Carbohydrate (g):</b>	38g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	2
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	321mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	50mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	12mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	3
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1/2
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	572IU		
<b>Vitamin A (r.e.):</b>	141 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 309 **Calories from Fat:** 140

**% Daily Values\***

<b>Total Fat</b> 16g	24%
Saturated Fat 10g	48%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 321mg	13%
<b>Total Carbohydrates</b> 38g	13%
Dietary Fiber 1g	4%
<b>Protein</b> 4g	
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	10%

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