

Raspberry Cream Pie with Coconut Crust

dashrecipes.com
Dash Magazine - July 2013

1 package (5.3 ounce) shortbread cookies
2/3 cup packed, shredded unsweetened coconut
1/2 cup (one stick) unsalted butter, melted
1 heaping cup raspberries
3 large egg yolks, beaten
2 teaspoons cornstarch
1 can (14 ounce) sweetened condensed milk
1/4 cup cream cheese
grated zest of one lemon
confectioner's sugar (for topping) (optional)
raspberries (for topping)

Preparation Time: 30 minutes

Finally grind the shortbread cookies in a food processor. Add the coconut; pulse to combine. Add the butter; pulse to combine.

Spoon into an eight-inch pie plate and press across the bottom and up the sides. Freeze for 15 minutes.

Meanwhile, put the raspberries in a fine-mesh strainer set over a small saucepan. Press the berries through the strainer with the back of a large spoon, catching the juice in the pan below. Scrape the juice from the underside of the strainer with the spoon. You will need 1/3 cup of raspberry juice. Discard the solids.

Whisk the raspberry juice with the egg yolks, cornstarch and condensed milk in the saucepan and cook over medium heat, stirring constantly, until it just starts to simmer, about 8 minutes. Remove from the heat and beat in the cream cheese and zest. Let cool for 5 minutes, stirring occasionally.

Pour the filling into the crust and refrigerate at least two hours, until set. Pile raspberries on top and dust with confectioner's sugar, if desired.

Start to Finish Time: 2 hours 30 minutes

Per Serving (excluding unknown items): 1830 Calories; 110g Fat (53.3% calories from fat); 38g Protein; 179g Carbohydrate; trace Dietary Fiber; 931mg Cholesterol; 625mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 21 Fat; 11 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1830	Vitamin B6 (mg):	.4mg
% Calories from Fat:	53.3%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	38.5%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	110g	Folacin (mcg):	121mcg
Saturated Fat (g):	63g	Niacin (mg):	1mg
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	931mg	% Refuse:	0.0%
Carbohydrate (g):	179g		
Dietary Fiber (g):	trace		
Protein (g):	38g		
Sodium (mg):	625mg		
Potassium (mg):	1278mg		
Calcium (mg):	999mg		
Iron (mg):	3mg		
Zinc (mg):	5mg		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	4543IU		
Vitamin A (r.e.):	1271RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	21
Other Carbohydrates:	11 1/2

Nutrition Facts

Amount Per Serving

Calories 1830 Calories from Fat: 976

% Daily Values*

Total Fat	110g	169%
Saturated Fat	63g	317%
Cholesterol	931mg	310%
Sodium	625mg	26%
Total Carbohydrates	179g	60%
Dietary Fiber	trace	1%
Protein	38g	
Vitamin A		91%
Vitamin C		14%
Calcium		100%
Iron		19%

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