

Fat-Free Oatmeal Cookie Pie Crust

 Dairy Free

READY IN



23 min.

SERVINGS



8

CALORIES



245 kcal

CRUST

Ingredients

- 0.3 teaspoon agar powder (or 1 more tablespoon cornstarch)
- 0.3 cup apple sauce
- 0.3 teaspoon baking soda
- 0.3 cup brown sugar packed ()
- 0.5 cup cornstarch
- 0.8 cup pepperoncini pepper juice
- 1.5 tablespoons beef chopped
- 2 tablespoons evaporated cane juice

- 0.5 cup oats gluten-free quick (use oats, if necessary)
- 0.3 teaspoon salt
- 0.5 cup flour whole wheat (may use flour or a mixture of unbleached and)
- 1.3 cup non-dairy milk (or other non-dairy milk)
- 1 cup sugar
- 0.3 teaspoon vanilla
- 1 cup water

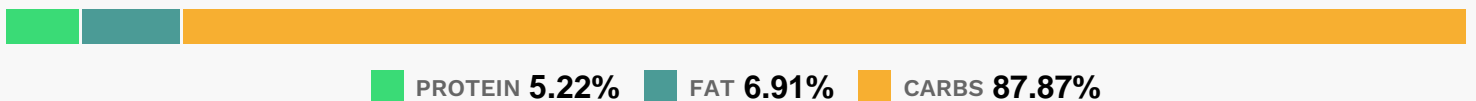
Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- pie form

Directions

- Put the oats into a food processor or blender and process until finely ground.
- Add the remaining dry ingredients and blend well.
- Transfer to a bowl and add the apple sauce. Stir well until completely combined.
- Put the mixture into the pie pan, and starting at the center, flatten and press it with moistened fingers until it evenly covers the bottom and extends up the sides of the pan as far as possible: Put it in the oven and cook for 8-10 minutes, until it it is crisp but not overdone. Set aside to cool before filling.

Nutrition Facts



Properties

Glycemic Index:26.16, Glycemic Load:20.82, Inflammation Score:-2, Nutrition Score:6.179565217184%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 245.46kcal (12.27%), Fat: 1.95g (2.99%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 55.7g (18.57%), Net Carbohydrates: 54.07g (19.66%), Sugar: 38.75g (43.05%), Cholesterol: 1.97mg (0.66%), Sodium: 132.94mg (5.78%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 3.31g (6.62%), Manganese: 0.55mg (27.63%), Selenium: 8.13µg (11.61%), Vitamin B3: 1.78mg (8.88%), Vitamin B12: 0.46µg (7.63%), Vitamin B6: 0.14mg (6.98%), Vitamin E: 1.04mg (6.96%), Magnesium: 27.02mg (6.75%), Calcium: 66.3mg (6.63%), Fiber: 1.63g (6.52%), Vitamin B1: 0.1mg (6.4%), Vitamin B2: 0.11mg (6.3%), Phosphorus: 57.7mg (5.77%), Copper: 0.12mg (5.76%), Iron: 0.89mg (4.92%), Folate: 17.23µg (4.31%), Potassium: 145.12mg (4.15%), Zinc: 0.58mg (3.88%), Vitamin C: 2.94mg (3.56%), Vitamin D: 0.45µg (2.97%), Vitamin A: 148.04IU (2.96%), Vitamin B5: 0.12mg (1.19%)