

Healthier Pie Crust

 Vegetarian  Vegan  Dairy Free

READY IN



17 min.

SERVINGS



8

CALORIES



140 kcal

CRUST

Ingredients

- 0.3 cup coconut or shredded
- 0.8 cup flour all-purpose
- 2 tablespoons ice water
- 0.8 cup cooking oats quick
- 0.3 cup vegetable oil

Equipment

- bowl
- oven

pie form

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a medium bowl, mix together oats, flour, and coconut. Stir in oil and water. Press dough into a 9 inch pie pan.

Bake in preheated oven for 12 minutes, until lightly browned.

Nutrition Facts



PROTEIN 6.58% **FAT 52.54%** **CARBS 40.88%**

Properties

Glycemic Index:18.75, Glycemic Load:9.39, Inflammation Score:-2, Nutrition Score:4.4199999042827%

Nutrients (% of daily need)

Calories: 139.93kcal (7%), Fat: 8.29g (12.75%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 13.25g (4.82%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 1.15mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Manganese: 0.44mg (22.21%), Vitamin K: 12.81µg (12.2%), Selenium: 6.81µg (9.73%), Vitamin B1: 0.13mg (8.98%), Folate: 24.53µg (6.13%), Magnesium: 23.94mg (5.98%), Iron: 0.96mg (5.33%), Phosphorus: 50.3mg (5.03%), Fiber: 1.26g (5.02%), Vitamin E: 0.62mg (4.16%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.77mg (3.84%), Copper: 0.06mg (2.82%), Zinc: 0.35mg (2.35%), Potassium: 48.65mg (1.39%), Vitamin B5: 0.11mg (1.13%)