

Mock Pecan Pie I

READY IN



45 min.

SERVINGS



10

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 0.7 cup coconut or shredded
- ☐ 3 eggs beaten
- ☐ 18-inch pie crust prepared
- ☐ 0.7 cup rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

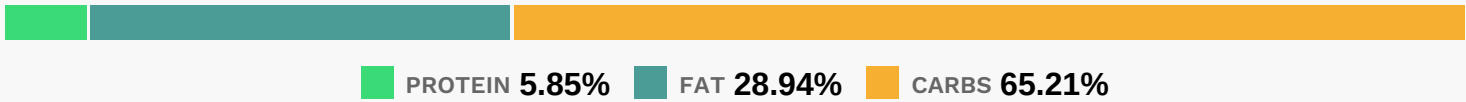
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl combine eggs, brown sugar, and white sugar. Beat well. Stir in vanilla extract and melted butter or margarine.
- ☐ Mix thoroughly. Fold in oats and coconut.
- ☐ Pour into pie shell.
- ☐ Bake in preheated oven for 30 minutes. Cool before serving. Top with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:8.26, Inflammation Score:-1, Nutrition Score:3.2265217893797%

Nutrients (% of daily need)

Calories: 174.16kcal (8.71%), Fat: 5.72g (8.81%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27.99g (10.18%), Sugar: 24.69g (27.44%), Cholesterol: 55.12mg (18.37%), Sodium: 42.79mg (1.86%), Alcohol: 0.14g (100%), Alcohol %: 0.34% (100%), Protein: 2.6g (5.2%), Manganese: 0.29mg (14.55%), Selenium: 6.42µg (9.18%), Phosphorus: 55.68mg (5.57%), Vitamin B2: 0.07mg (4.3%), Fiber: 1.03g (4.11%), Iron: 0.7mg (3.91%), Copper: 0.06mg (3.09%), Magnesium: 12.19mg (3.05%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.43mg (2.9%), Vitamin A: 141.25IU (2.83%), Folate: 9.62µg (2.41%), Calcium: 23.96mg (2.4%), Vitamin B1: 0.03mg (2.27%), Potassium: 77.84mg (2.22%), Vitamin B12: 0.12µg (2.04%), Vitamin B6: 0.04mg (1.85%), Vitamin D: 0.26µg (1.76%), Vitamin E: 0.24mg (1.6%)