

Navy Bean Pie

READY IN



45 min.

SERVINGS



10

CALORIES



973 kcal

DESSERT

Ingredients

- 2 eggs beaten
- 1 cup evaporated milk
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 2 cups navy beans cooked mashed
- 9 inch pie shell
- 0.5 teaspoon salt

0.7 cup sugar white

Equipment

bowl

oven

Directions

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

In a large bowl, combine eggs, evaporated milk, and mashed navy beans.

Mix well.

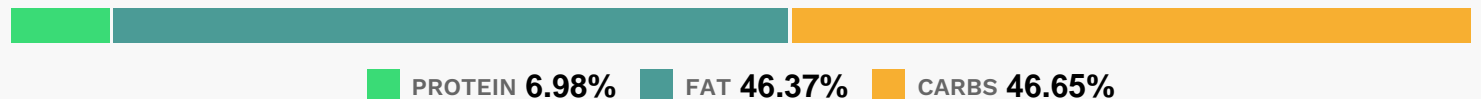
Add sugar, salt, cinnamon, ginger, nutmeg, and cloves.

Mix until all ingredients are thoroughly combined.

Pour mixture into pastry shell.

Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake an additional 35 minutes.

Nutrition Facts



Properties

Glycemic Index:18.45, Glycemic Load:11.56, Inflammation Score:-5, Nutrition Score:17.898261137631%

Nutrients (% of daily need)

Calories: 973kcal (48.65%), Fat: 49.99g (76.91%), Saturated Fat: 16.19g (101.17%), Carbohydrates: 113.18g (37.73%), Net Carbohydrates: 104.71g (38.08%), Sugar: 16.04g (17.82%), Cholesterol: 40.04mg (13.35%), Sodium: 892.15mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.87%), Manganese: 1.11mg (55.74%), Folate: 183.24µg (45.81%), Vitamin B1: 0.6mg (39.81%), Fiber: 8.47g (33.88%), Iron: 5.8mg (32.2%), Vitamin B2: 0.45mg (26.64%), Vitamin B3: 5.17mg (25.83%), Phosphorus: 251.18mg (25.12%), Selenium: 14.75µg (21.07%), Magnesium: 54.15mg (13.54%), Calcium: 132.65mg (13.27%), Vitamin K: 13.73µg (13.07%), Potassium: 408.32mg (11.67%), Copper: 0.23mg (11.26%), Vitamin B5: 1.12mg (11.23%), Zinc: 1.5mg (10.03%), Vitamin B6: 0.17mg (8.46%), Vitamin E: 0.98mg (6.51%), Vitamin A: 110.28IU (2.21%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.2µg (1.34%)