



Oatmeal Chocolate Chip Pie

READY IN



45 min.

SERVINGS



10

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup pecans chopped
- ☐ 1 10-inch pie crust cooled
- ☐ 0.5 cup rolled oats
- ☐ 0.7 cup semi chocolate chips
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

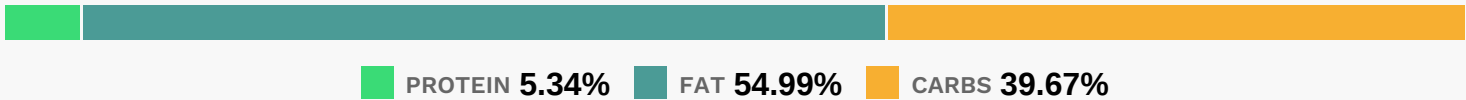
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a large bowl, mix flour, sugar, pecans and oatmeal. Set aside.
- ☐ In a separate bowl, mix eggs, melted butter and vanilla.
- ☐ Add to the dry mixture and mix well.
- ☐ Fold in chocolate chips. Spoon into a pre baked 10 inch pie shell.
- ☐ Bake at 325 degrees F (165 degrees C) for 25 minutes. It will still appear quite moist, but it will set up after it is removed from the oven.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:17.18, Inflammation Score:-4, Nutrition Score:7.3930434134343%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 326.6kcal (16.33%), Fat: 20.33g (31.27%), Saturated Fat: 9.27g (57.97%), Carbohydrates: 33g (11%), Net Carbohydrates: 30.59g (11.12%), Sugar: 18.13g (20.14%), Cholesterol: 57.86mg (19.29%), Sodium: 87.72mg (3.81%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Caffeine: 10.32mg (3.44%), Protein: 4.44g (8.88%), Manganese: 0.72mg (36.1%), Copper: 0.28mg (13.91%), Selenium: 9.59µg (13.71%), Vitamin B1: 0.17mg (11.53%), Iron: 1.86mg (10.33%), Phosphorus: 101.68mg (10.17%), Magnesium: 39.57mg (9.89%), Fiber: 2.41g (9.63%), Vitamin B2: 0.13mg

(7.66%), Folate: 30.32µg (7.58%), Vitamin A: 341.23IU (6.82%), Zinc: 1.01mg (6.72%), Vitamin B3: 0.98mg (4.92%), Potassium: 141.26mg (4.04%), Vitamin E: 0.55mg (3.69%), Vitamin B5: 0.35mg (3.47%), Calcium: 24.33mg (2.43%), Vitamin B6: 0.04mg (2.21%), Vitamin B12: 0.12µg (1.99%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.18µg (1.17%)