



Oatmeal Pecan Pie

READY IN



45 min.

SERVINGS



12

CALORIES



393 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 1 cup plus light
- 1 cup t brown sugar dark packed
- 2 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 0.7 cup oats
- 0.5 cup pecans chopped
- 15 ounce pie crust dough refrigerated (such as Pillsbury)
- 0.3 teaspoon salt

1 teaspoon vanilla extract

Equipment

oven

whisk

wire rack

Directions

Preheat oven to 32

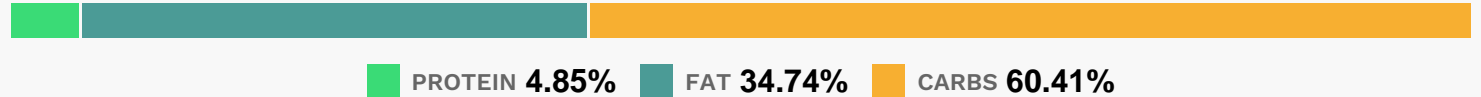
Roll dough into an 11-inch circle. Fit into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.

Combine brown sugar and remaining ingredients, stirring well with a whisk.

Pour into prepared crust.

Bake at 325 for 50 minutes or until center is set. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:5.2, Inflammation Score:-2, Nutrition Score:5.7973912823135%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 392.95kcal (19.65%), Fat: 15.55g (23.93%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 60.86g (20.29%), Net Carbohydrates: 59.09g (21.49%), Sugar: 39.95g (44.38%), Cholesterol: 36.02mg (12.01%), Sodium: 252.4mg (10.97%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 4.89g (9.77%), Manganese: 0.54mg (27%), Vitamin B1: 0.17mg (11.24%), Selenium: 7.59µg (10.85%), Iron: 1.51mg (8.39%), Vitamin B2: 0.14mg (8.03%),

Folate: 31.64µg (7.91%), Phosphorus: 75.2mg (7.52%), Fiber: 1.78g (7.11%), Copper: 0.11mg (5.74%), Vitamin B3: 1.1mg (5.47%), Magnesium: 20.65mg (5.16%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.4mg (3.98%), Calcium: 36.84mg (3.68%), Potassium: 115.5mg (3.3%), Vitamin K: 3.02µg (2.88%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.39mg (2.58%), Vitamin A: 106.21IU (2.12%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.11%)