

Oatmeal Pie I



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 1 cup butter melted
- ☐ 0.8 cup coconut or flaked
- ☐ 0.8 cup plus dark
- ☐ 2 eggs
- ☐ 0.8 cup cooking oats quick
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

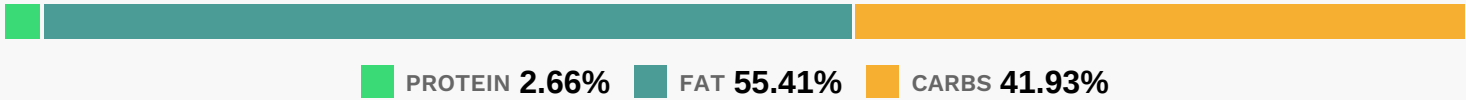
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ In a medium bowl, beat the eggs well. Stir in sugar, butter or margarine, corn syrup, oatmeal, vanilla, and salt.
- ☐ Pour mixture into the pie shell, and top with coconut.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:38.33, Inflammation Score:-5, Nutrition Score:5.7226087042819%

Nutrients (% of daily need)

Calories: 465.03kcal (23.25%), Fat: 29.78g (45.82%), Saturated Fat: 19.57g (122.33%), Carbohydrates: 50.71g (16.9%), Net Carbohydrates: 48.69g (17.71%), Sugar: 44.33g (49.26%), Cholesterol: 101.93mg (33.98%), Sodium: 323.7mg (14.07%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 3.22g (6.43%), Manganese: 0.58mg (29.14%), Vitamin A: 768.49IU (15.37%), Selenium: 8.76µg (12.51%), Phosphorus: 83.37mg (8.34%), Magnesium: 32.2mg (8.05%), Fiber: 2.01g (8.05%), Copper: 0.12mg (5.91%), Vitamin E: 0.86mg (5.75%), Iron: 0.94mg (5.25%), Vitamin B2: 0.08mg (4.94%), Zinc: 0.59mg (3.91%), Vitamin B1: 0.06mg (3.68%), Vitamin B5: 0.33mg (3.25%), Potassium: 107.67mg (3.08%), Vitamin B6: 0.05mg (2.7%), Calcium: 24.66mg (2.47%), Vitamin B12: 0.15µg (2.44%), Folate: 9.17µg (2.29%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.22µg (1.47%)