



Oatmeal Pie III

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

336 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 1.5 cups plus dark
- ☐ 4 eggs
- ☐ 1.8 cups evaporated milk
- ☐ 0.5 cup butter melted
- ☐ 1.8 cups rolled oats
- ☐ 1.5 cups sugar white

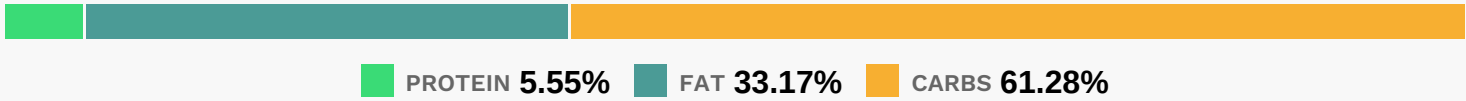
Equipment

☐ oven

Directions

- ☐ Mix eggs, corn syrup, and sugar.
- ☐ Add milk, melted margarine, coconut, and oatmeal.
- ☐ Pour into two 9-inch pie shells.
- ☐ Bake at 350 degrees F (175 degrees C) until brown.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:37.46, Inflammation Score:-3, Nutrition Score:5.9243478360383%

Nutrients (% of daily need)

Calories: 336.23kcal (16.81%), Fat: 12.91g (19.86%), Saturated Fat: 5.93g (37.08%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 51.89g (18.87%), Sugar: 46.8g (52%), Cholesterol: 48.91mg (16.3%), Sodium: 163.97mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Manganese: 0.51mg (25.26%), Phosphorus: 130.18mg (13.02%), Selenium: 8.6µg (12.28%), Vitamin B2: 0.17mg (9.73%), Calcium: 92.16mg (9.22%), Vitamin A: 379.02IU (7.58%), Fiber: 1.76g (7.05%), Magnesium: 27.72mg (6.93%), Copper: 0.11mg (5.38%), Zinc: 0.8mg (5.32%), Iron: 0.93mg (5.14%), Potassium: 177.06mg (5.06%), Vitamin B5: 0.5mg (5%), Vitamin B1: 0.07mg (4.37%), Vitamin B6: 0.06mg (3.04%), Vitamin E: 0.44mg (2.93%), Folate: 10.76µg (2.69%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.25µg (1.65%), Vitamin B3: 0.2mg (1.01%)