



## Oatmeal Pie V

READY IN



45 min.

SERVINGS



8

CALORIES



1310 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 1 cup plus light
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 9 inch pie shell
- 1 cup cooking oats quick
- 0.3 teaspoon salt
- 0.5 cup sugar white

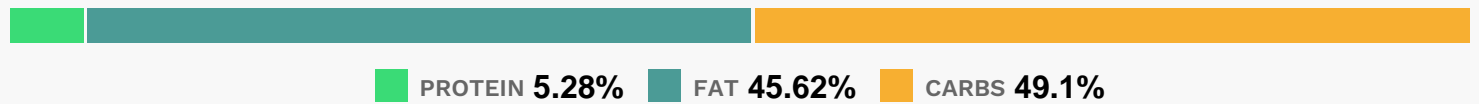
# Equipment

- oven
- knife

# Directions

- Cream together butter or margarine and sugar. Stir in cinnamon, cloves, and salt. Stir in syrup.
- Add eggs one at a time, stirring after each addition until blended. Stir in oats.
- Pour filling into pie shell.
- Bake at 350 degrees F (175 degrees C) for about 1 hour, or until knife inserted in center comes out clean.

# Nutrition Facts



# Properties

Glycemic Index:26.14, Glycemic Load:18.82, Inflammation Score:-6, Nutrition Score:19.730869397278%

# Nutrients (% of daily need)

Calories: 1309.71kcal (65.49%), Fat: 66.82g (102.8%), Saturated Fat: 22.64g (141.49%), Carbohydrates: 161.8g (53.93%), Net Carbohydrates: 155.11g (56.4%), Sugar: 45.43g (50.47%), Cholesterol: 76.63mg (25.54%), Sodium: 1089.18mg (47.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.8%), Manganese: 1.53mg (76.63%), Vitamin B1: 0.71mg (47.05%), Folate: 168.75µg (42.19%), Iron: 6.64mg (36.9%), Selenium: 21.79µg (31.13%), Vitamin B3: 6.18mg (30.89%), Vitamin B2: 0.48mg (27.95%), Fiber: 6.69g (26.75%), Phosphorus: 243mg (24.3%), Vitamin K: 17.51µg (16.68%), Magnesium: 64.06mg (16.02%), Vitamin B5: 1.25mg (12.45%), Zinc: 1.75mg (11.67%), Copper: 0.22mg (11%), Vitamin E: 1.46mg (9.72%), Potassium: 281.51mg (8.04%), Vitamin B6: 0.15mg (7.58%), Calcium: 66.21mg (6.62%), Vitamin A: 269.19IU (5.38%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.2%)