



## Old-Fashioned Exquisite Pie

READY IN



75 min.

SERVINGS



8

CALORIES



446 kcal

DESSERT

### Ingredients

- 0.5 cup butter melted
- 0.5 cup coconut or flaked
- 3 eggs
- 0.5 cup raisins
- 19-inch unbaked pie crust ()
- 0.5 cup walnuts chopped
- 1 cup sugar white

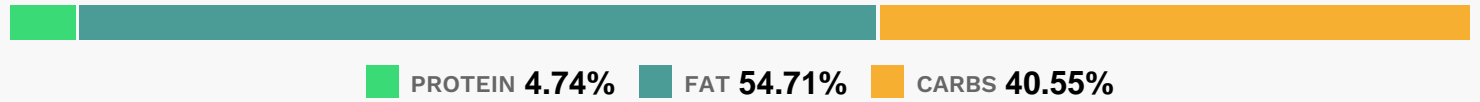
### Equipment

- bowl
- oven
- knife
- whisk

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Press the pie crust into the bottom and up the sides of a 9 inch pie plate.
- In a medium bowl, whisk the eggs lightly. Stir in the sugar, butter, walnuts, coconut, and raisins.
- Pour into the pie shell.
- Bake for 1 hour in the preheated oven, or until a knife inserted into the center of the pie comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:24.86, Glycemic Load:21.38, Inflammation Score:-4, Nutrition Score:6.9513044175894%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 445.53kcal (22.28%), Fat: 27.92g (42.95%), Saturated Fat: 13.35g (83.45%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 43.95g (15.98%), Sugar: 25.6g (28.45%), Cholesterol: 91.88mg (30.63%), Sodium: 221.8mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Manganese: 0.54mg (26.79%), Selenium: 8.18µg (11.68%), Copper: 0.22mg (10.92%), Fiber: 2.6g (10.39%), Phosphorus: 97.12mg (9.71%), Vitamin B2: 0.16mg (9.43%), Vitamin A: 445.36IU (8.91%), Iron: 1.58mg (8.77%), Folate: 33.6µg (8.4%), Vitamin B1: 0.11mg (7.62%), Magnesium: 25.07mg (6.27%), Vitamin B6: 0.11mg (5.66%), Potassium: 186.79mg (5.34%), Vitamin E: 0.69mg (4.61%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.46mg (4.58%), Vitamin B3: 0.91mg (4.54%), Vitamin K: 3.08µg (2.93%), Calcium: 28.73mg (2.87%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.33µg (2.2%)