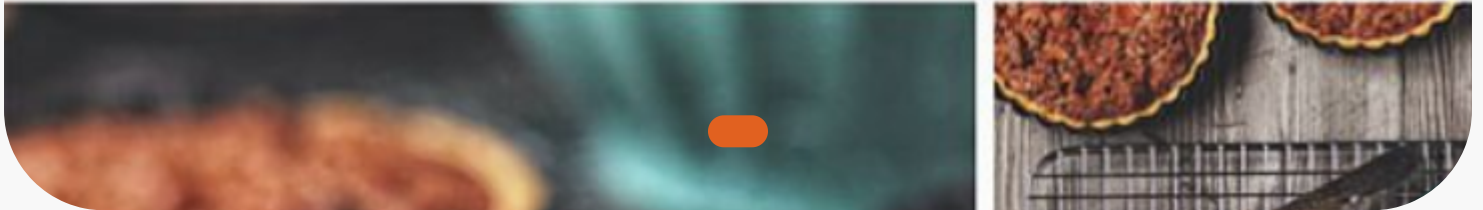




WHATSheATE



Peanut Butter Oatmeal Cookie Pie

READY IN



50 min.

SERVINGS



6

CALORIES



726 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup coconut or
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 eggs
- ☐ 2 tablespoons flour
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.5 cup peanut butter chips
- ☐ 0.5 cup pecans
- ☐ 2 pie crust dough (for 6 four inch tarts)

- ☐ 0.8 cup oats instant quick (Old Fashioned or , NOT)
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon vanilla extract

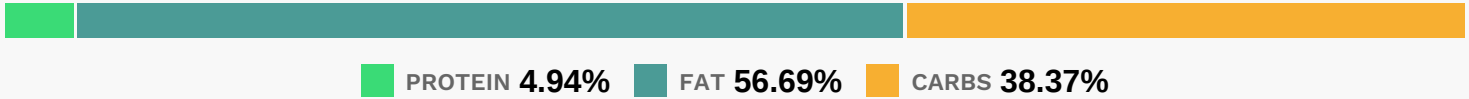
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Using six 4.75" tart pans– cut pie crust in to 6 equal circles, slightly larger than the tart pans. Press each crust gently into the pan and against the sides, removing any extra pastry that hangs over the edge.
- ☐ Put the pie crust lined pans in the freezer for about 15 minutes while you prepare the pie filling. Preheat oven to 375°
- ☐ Combine the eggs, sugar, vanilla and butter in a large bowl. Using an electric mixer, beat on medium speed until well blended, about 30 seconds. Stir in the oats, coconut, flour, butterscotch chips, and nuts,.
- ☐ Pour the filling into the chilled pie shells.
- ☐ Place the pies on baking sheet on the center oven rack and bake for 20–25 minutes. Reduce the oven temperature to 350° and rotate the pies 180 degrees. Continue baking until the center is set, 15–20 minutes. When done, the top of the pies will be dark golden brown and crusty. The filling should not jiggle.
- ☐ Transfer the pies to a wire rack and let cool.
- ☐ Serve warm or at room temperature with whipped cream
- ☐ Beat cold heavy cream, sugar and vanilla in cold mixing bowl until soft peaks form.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:6.57, Inflammation Score:-6, Nutrition Score:12.416956634625%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 725.66kcal (36.28%), Fat: 46.29g (71.21%), Saturated Fat: 21.01g (131.34%), Carbohydrates: 70.47g (23.49%), Net Carbohydrates: 66.77g (24.28%), Sugar: 32.72g (36.36%), Cholesterol: 119.72mg (39.91%), Sodium: 333.5mg (14.5%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 9.08g (18.16%), Manganese: 1.1mg (54.9%), Selenium: 13.91µg (19.87%), Vitamin B1: 0.29mg (19.59%), Vitamin A: 903.85IU (18.08%), Phosphorus: 168.41mg (16.84%), Vitamin B2: 0.28mg (16.62%), Iron: 2.83mg (15.74%), Folate: 59.49µg (14.87%), Fiber: 3.7g (14.8%), Copper: 0.23mg (11.65%), Magnesium: 41.76mg (10.44%), Vitamin B3: 1.99mg (9.93%), Zinc: 1.37mg (9.11%), Calcium: 82.45mg (8.24%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 1.17mg (7.8%), Potassium: 242.31mg (6.92%), Vitamin K: 6.62µg (6.3%), Vitamin D: 0.93µg (6.19%), Vitamin B6: 0.11mg (5.5%), Vitamin B12: 0.21µg (3.5%)