



Pinto Bean Pie I

READY IN



45 min.

SERVINGS



16

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 1 cup butter melted
- ☐ 1 cup coconut or flaked
- ☐ 2 9-inch deep dish pie crusts frozen thawed ()
- ☐ 4 eggs
- ☐ 1 cup pinto beans with juice cooked
- ☐ 1 tablespoon vanilla extract
- ☐ 3 cups sugar white

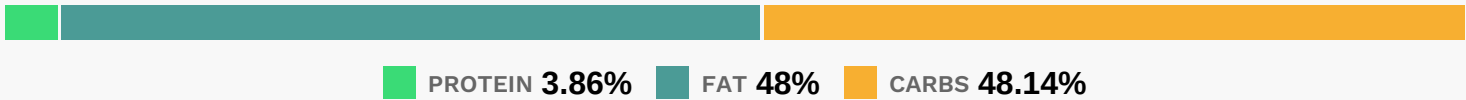
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Mash beans till very smooth.
- ☐ In a large bowl, beat eggs.
- ☐ Mix in beans, sugar, vanilla, melted butter or margarine, and coconut until well blended. Divide filling into pie crusts.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour, or until done.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:26.62, Inflammation Score:-3, Nutrition Score:5.4947826842899%

Nutrients (% of daily need)

Calories: 446.73kcal (22.34%), Fat: 24.29g (37.37%), Saturated Fat: 12.99g (81.17%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 52.59g (19.13%), Sugar: 38g (42.23%), Cholesterol: 71.42mg (23.81%), Sodium: 209.09mg (9.09%), Alcohol: 0.28g (100%), Alcohol %: 0.33% (100%), Protein: 4.39g (8.79%), Manganese: 0.34mg (16.76%), Folate: 46.21µg (11.55%), Selenium: 6.66µg (9.52%), Fiber: 2.22g (8.89%), Vitamin A: 413.95IU (8.28%), Phosphorus: 71.1mg (7.11%), Iron: 1.25mg (6.96%), Vitamin B2: 0.12mg (6.78%), Vitamin B1: 0.09mg (6.21%), Vitamin E: 0.92mg (6.13%), Vitamin K: 5.65µg (5.38%), Copper: 0.1mg (4.96%), Magnesium: 16.06mg (4.02%), Vitamin B3: 0.79mg (3.95%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.35mg (3.51%), Potassium: 121.69mg (3.48%), Zinc: 0.5mg (3.34%), Calcium: 21.98mg (2.2%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%)