



Pinto Bean Pie II



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



2558 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 3 eggs
- ☐ 1 cup pinto beans cooked mashed
- ☐ 0.3 cup walnuts chopped
- ☐ 1 cup sugar white

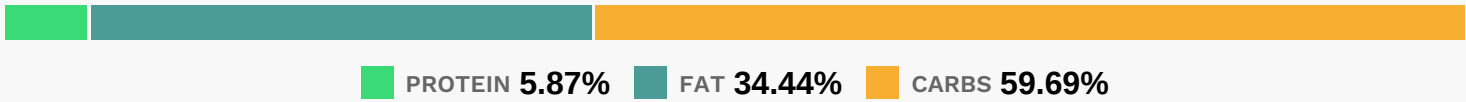
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together butter, sugars and eggs (slightly beaten).
- ☐ Add beans and nuts, mix well and pour into unbaked pie shell.
- ☐ Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:163.59, Glycemic Load:147.11, Inflammation Score:-9, Nutrition Score:42.310434673143%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg

Nutrients (% of daily need)

Calories: 2558.21kcal (127.91%), Fat: 101.1g (155.54%), Saturated Fat: 45.65g (285.3%), Carbohydrates: 394.26g (131.42%), Net Carbohydrates: 376.25g (136.82%), Sugar: 344g (382.22%), Cholesterol: 653.72mg (217.91%), Sodium: 719.53mg (31.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.79g (77.57%), Manganese: 2.24mg (112.25%), Folate: 398.12µg (99.53%), Selenium: 56.75µg (81.08%), Fiber: 18g (72.01%), Phosphorus: 671.7mg (67.17%), Copper: 1.17mg (58.63%), Vitamin A: 2611.51IU (52.23%), Vitamin B2: 0.83mg (48.91%), Iron: 8.18mg (45.42%), Magnesium: 177.67mg (44.42%), Vitamin B6: 0.89mg (44.39%), Potassium: 1316.94mg (37.63%), Vitamin B1: 0.52mg (34.64%), Vitamin E: 5.02mg (33.48%), Calcium: 332.69mg (33.27%), Zinc: 4.72mg (31.44%), Vitamin B5: 2.88mg (28.82%), Vitamin B12: 1.3µg (21.72%), Vitamin D: 2.64µg (17.6%), Vitamin K: 12.73µg (12.12%), Vitamin B3: 1.27mg (6.36%), Vitamin C: 1.88mg (2.27%)