



Pinto Bean Pie III

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 cup plus dark
- ☐ 3 eggs beaten
- ☐ 1 cup pinto beans mashed drained
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

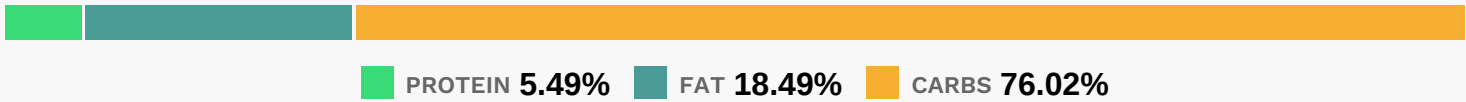
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.)
- ☐ In a large bowl, combine beans, corn syrup, sugar, cornstarch and vanilla. Beat in the eggs.
- ☐ Pour into pie crust.
- ☐ Bake in the preheated oven for 30 minutes, or until filling is set and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:22.95, Glycemic Load:48.08, Inflammation Score:-2, Nutrition Score:5.7417390949052%

Nutrients (% of daily need)

Calories: 391.82kcal (19.59%), Fat: 8.31g (12.78%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 76.83g (25.61%), Net Carbohydrates: 74.27g (27.01%), Sugar: 58.22g (64.69%), Cholesterol: 61.38mg (20.46%), Sodium: 192.35mg (8.36%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.55g (11.1%), Folate: 62.02µg (15.51%), Selenium: 9.23µg (13.19%), Manganese: 0.26mg (12.86%), Fiber: 2.56g (10.23%), Phosphorus: 86.94mg (8.69%), Iron: 1.56mg (8.67%), Vitamin B2: 0.14mg (8.25%), Vitamin B1: 0.12mg (8.09%), Copper: 0.1mg (5.13%), Magnesium: 19.92mg (4.98%), Vitamin B6: 0.09mg (4.67%), Potassium: 160.24mg (4.58%), Vitamin B5: 0.41mg (4.09%), Vitamin B3: 0.77mg (3.83%), Zinc: 0.56mg (3.7%), Vitamin E: 0.49mg (3.26%), Calcium: 31.82mg (3.18%), Vitamin K: 2.62µg (2.5%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%), Vitamin A: 89.35IU (1.79%)