



Sawdust Pie

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

DESSERT

Ingredients

- 1.5 cups coconut or flaked
- 7 egg whites
- 1.5 cups graham cracker crumbs
- 1.5 cups pecans chopped
- 1.5 cups sugar white

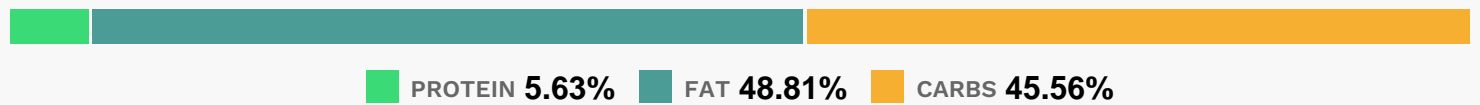
Equipment

- oven

Directions

- Mix together the egg whites (unbeaten) and sugar. Stir in the graham cracker crumbs, pecans and coconut. Stir together by hand until well blended.
- Pour into an unbaked pie shell.
- Bake in preheated 325 degree F (165 degrees C) oven until glossy and set (about 25–30 minutes). DO NOT OVERBAKE! Center should be gooey.
- Serve with sliced bananas and whipped cream.

Nutrition Facts



Properties

Glycemic Index:19.26, Glycemic Load:34.75, Inflammation Score:-2, Nutrition Score:9.6552174888227%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg

Nutrients (% of daily need)

Calories: 471.22kcal (23.56%), Fat: 26.74g (41.14%), Saturated Fat: 10.63g (66.42%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 51.06g (18.57%), Sugar: 43.22g (48.02%), Cholesterol: 0mg (0%), Sodium: 153.64mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Manganese: 1.36mg (68.08%), Fiber: 5.1g (20.38%), Copper: 0.39mg (19.27%), Selenium: 9.2µg (13.14%), Magnesium: 51.25mg (12.81%), Phosphorus: 125.2mg (12.52%), Vitamin B1: 0.18mg (12.09%), Vitamin B2: 0.2mg (11.92%), Zinc: 1.56mg (10.42%), Iron: 1.74mg (9.65%), Potassium: 241.75mg (6.91%), Vitamin B6: 0.11mg (5.39%), Vitamin B3: 0.96mg (4.79%), Folate: 14.23µg (3.56%), Vitamin B5: 0.35mg (3.54%), Calcium: 33.1mg (3.31%), Vitamin E: 0.36mg (2.38%)