



Amish Bob And Andy Pie

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 3 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 cups milk
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat all ingredients together very well and pour into a 9 inch unbaked pie shell.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes. Pie will quiver. This is ok! The top will be puffed up when you remove the pie from the oven and will fall down after it has cooled. This is ok, too! Best served at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:15.66, Inflammation Score:-1, Nutrition Score:3.519999973152%

Nutrients (% of daily need)

Calories: 225.79kcal (11.29%), Fat: 4.04g (6.21%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 45.07g (16.39%), Sugar: 43.76g (48.62%), Cholesterol: 57.97mg (19.32%), Sodium: 111mg (4.83%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 3.46g (6.93%), Calcium: 87.83mg (8.78%), Selenium: 5.89µg (8.42%), Vitamin B2: 0.14mg (8.23%), Phosphorus: 78.4mg (7.84%), Vitamin B12: 0.38µg (6.39%), Vitamin D: 0.8µg (5.34%), Vitamin B5: 0.42mg (4.22%), Manganese: 0.08mg (3.97%), Vitamin A: 185.7IU (3.71%), Potassium: 124.56mg (3.56%), Vitamin B6: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.97%), Iron: 0.48mg (2.68%), Zinc: 0.39mg (2.63%), Magnesium: 10.02mg (2.5%), Folate: 9.23µg (2.31%), Vitamin E: 0.2mg (1.35%), Copper: 0.02mg (1.24%)