

Amish Sauerkraut Surprise Custard Pie

READY IN



90 min.

SERVINGS



8

CALORIES



1150 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 2.5 cups milk
- ☐ 9 inch pie shell
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sauerkraut drained chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

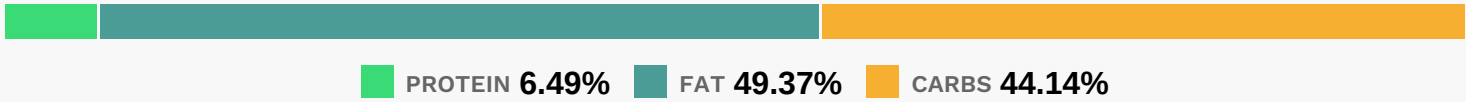
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, combine milk, sauerkraut, sugar, eggs, vanilla and salt.
- ☐ Pour mixture into pie shell.
- ☐ Bake at 425 degrees F (220 degrees C) for 35 minutes, or until a knife inserted into filling 1 inch from the edge comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:10.14, Inflammation Score:-6, Nutrition Score:19.537826185641%

Nutrients (% of daily need)

Calories: 1149.69kcal (57.48%), Fat: 62.73g (96.5%), Saturated Fat: 20.3g (126.86%), Carbohydrates: 126.16g (42.05%), Net Carbohydrates: 120.15g (43.69%), Sugar: 16.5g (18.34%), Cholesterol: 70.53mg (23.51%), Sodium: 1133.49mg (49.28%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 18.56g (37.12%), Manganese: 1.02mg (51.21%), Vitamin B1: 0.67mg (44.73%), Folate: 168.45µg (42.11%), Iron: 6.34mg (35.23%), Vitamin B2: 0.57mg (33.47%), Vitamin B3: 6.19mg (30.94%), Selenium: 19.49µg (27.85%), Phosphorus: 274.38mg (27.44%), Fiber: 6.01g (24.04%), Vitamin K: 18.43µg (17.56%), Calcium: 150mg (15%), Vitamin B5: 1.46mg (14.61%), Magnesium: 46.67mg (11.67%), Potassium: 379.03mg (10.83%), Zinc: 1.57mg (10.44%), Vitamin B6: 0.2mg (10.22%), Copper: 0.2mg (9.77%), Vitamin B12: 0.56µg (9.31%), Vitamin E: 1.26mg (8.43%), Vitamin D: 1.17µg (7.79%), Vitamin A: 217.27IU (4.35%), Vitamin C: 1.96mg (2.37%)