

Anita's Impossible Buttermilk Pie



Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

277 kcal

DESSERT

Ingredients

- ☐ 0.5 cup biscuit mix recommended: Bisquick
- ☐ 1 cup buttermilk
- ☐ 8 servings confectioners' sugar and/or cocoa powder unsweetened
- ☐ 3 large eggs
- ☐ 1.3 cups sugar
- ☐ 0.3 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract

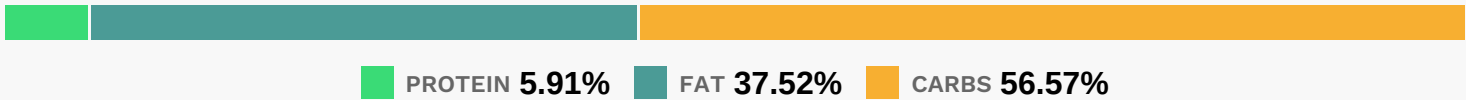
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 350 degrees F. Coat a 9-inch pie plate with cooking spray.
- ☐ Combine the sugar, buttermilk, biscuit mix, melted butter, vanilla, and eggs in a blender and process until smooth.
- ☐ Pour into prepared pie plate and bake until browned and still a little jiggly (the pie will set as it cools), 30 to 40 minutes.
- ☐ Let cool for 10 minutes before slicing into wedges. If desired, sift confectioners' sugar or cocoa (or a combo) over the wedges before serving.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:23.72, Inflammation Score:-3, Nutrition Score:4.5686956293395%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 277.38kcal (13.87%), Fat: 11.85g (18.23%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 39.67g (14.42%), Sugar: 35.76g (39.73%), Cholesterol: 93.54mg (31.18%), Sodium: 155.45mg (6.76%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.2g (8.4%), Phosphorus: 116.14mg (11.61%), Selenium: 7.87µg (11.24%), Vitamin B2: 0.18mg (10.74%), Vitamin A: 387.41IU (7.75%), Calcium: 62.36mg (6.24%), Vitamin D: 0.91µg (6.05%), Vitamin B12: 0.35µg (5.84%), Folate: 20.29µg (5.07%), Vitamin B5: 0.48mg (4.81%), Vitamin B1: 0.07mg (4.4%), Iron: 0.7mg (3.91%), Copper: 0.07mg (3.73%), Manganese: 0.07mg (3.66%), Zinc: 0.48mg (3.21%), Magnesium: 12.36mg (3.09%), Vitamin E: 0.45mg (2.99%), Potassium: 97.48mg (2.79%), Vitamin B6: 0.05mg (2.5%), Fiber: 0.53g (2.11%), Vitamin B3: 0.41mg (2.05%), Vitamin K: 1.32µg (1.26%)