

Anna's Custard Pie

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 4 eggs beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pinch ground nutmeg
- ☐ 2 cups milk
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

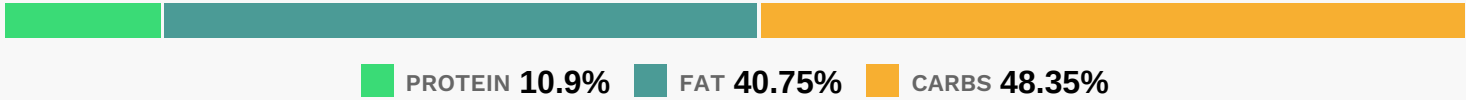
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a mixing bowl, blend together the milk, flour, sugar, vanilla and eggs.
- ☐ Pour into pie shell, sprinkle with nutmeg and bake at 400 degrees F (200 degrees C) for 15 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:10.35, Inflammation Score:-2, Nutrition Score:5.84347825465%

Nutrients (% of daily need)

Calories: 235.94kcal (11.8%), Fat: 10.66g (16.39%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 27.78g (10.1%), Sugar: 15.59g (17.32%), Cholesterol: 89.16mg (29.72%), Sodium: 156.88mg (6.82%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 6.42g (12.83%), Selenium: 9.73µg (13.9%), Vitamin B2: 0.23mg (13.81%), Phosphorus: 124.48mg (12.45%), Calcium: 92.65mg (9.27%), Vitamin B12: 0.53µg (8.75%), Vitamin B1: 0.12mg (7.97%), Vitamin D: 1.11µg (7.41%), Folate: 29.65µg (7.41%), Vitamin B5: 0.67mg (6.7%), Manganese: 0.13mg (6.54%), Iron: 1.09mg (6.05%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.66mg (4.38%), Vitamin A: 218IU (4.36%), Potassium: 148.54mg (4.24%), Vitamin B3: 0.81mg (4.07%), Magnesium: 14.2mg (3.55%), Fiber: 0.68g (2.71%), Vitamin E: 0.38mg (2.51%), Vitamin K: 2.08µg (1.98%), Copper: 0.04mg (1.95%)