

## Beth's Chess Pie

READY IN



70 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

### Ingredients

- 6 tablespoons butter softened
- 2 tablespoons cornmeal
- 4 eggs
- 5 ounce evaporated milk canned
- 19-inch unbaked pie crust ()
- 1 tablespoon vanilla extract
- 2 cups sugar white

### Equipment

bowl

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

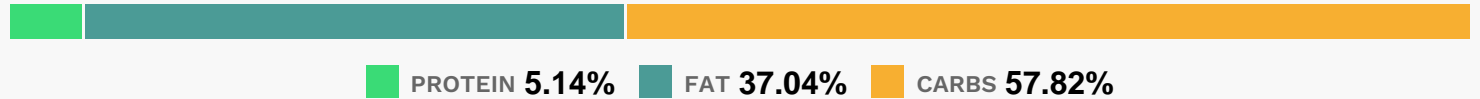
In a large bowl, cream together the butter and sugar until light and fluffy. Blend in milk until mixture is smooth.

Add the eggs one at a time, beating well with each addition, then stir in the vanilla.

Mix in cornmeal, then pour mixture into pastry shell.

Bake in preheated oven for 1 hour, until set in center.

## Nutrition Facts



## Properties

Glycemic Index:23.57, Glycemic Load:36, Inflammation Score:-3, Nutrition Score:5.3726086888624%

## Nutrients (% of daily need)

Calories: 451.69kcal (22.58%), Fat: 18.77g (28.88%), Saturated Fat: 8.97g (56.03%), Carbohydrates: 65.93g (21.98%), Net Carbohydrates: 65.07g (23.66%), Sugar: 52.01g (57.79%), Cholesterol: 109.55mg (36.52%), Sodium: 220.53mg (9.59%), Alcohol: 0.56g (100%), Alcohol %: 0.55% (100%), Protein: 5.86g (11.71%), Selenium: 9.14µg (13.06%), Vitamin B2: 0.22mg (12.7%), Phosphorus: 105.77mg (10.58%), Vitamin A: 423.79IU (8.48%), Folate: 30.42µg (7.61%), Manganese: 0.14mg (6.97%), Calcium: 66.66mg (6.67%), Iron: 1.17mg (6.51%), Vitamin B1: 0.09mg (6.27%), Vitamin B5: 0.58mg (5.79%), Vitamin E: 0.63mg (4.18%), Zinc: 0.63mg (4.18%), Vitamin B12: 0.24µg (4.03%), Vitamin B3: 0.8mg (3.99%), Vitamin B6: 0.07mg (3.71%), Potassium: 122.27mg (3.49%), Fiber: 0.86g (3.44%), Magnesium: 13.72mg (3.43%), Vitamin D: 0.46µg (3.05%), Vitamin K: 2.74µg (2.61%), Copper: 0.05mg (2.41%)