



Boston Marlborough Pie

READY IN



120 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce
- ☐ 2 tablespoons butter melted
- ☐ 4 eggs slightly beaten
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 pie crust dough (deep)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

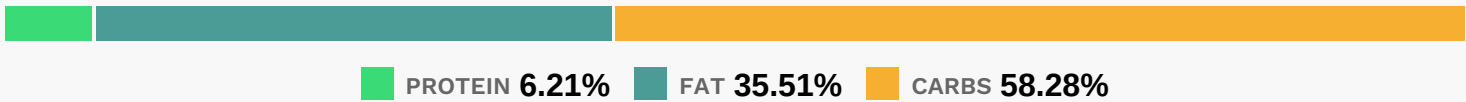
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°F.
- ☐ Whisk together applesauce, lemon juice, sugar, eggs, butter, nutmeg, and salt.
- ☐ Pour into pastry shell.
- ☐ Bake at 450° for 15 minutes, reduce heat to 275° and bake until pie is fully set, about 1 hour longer.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:17.48, Inflammation Score:-2, Nutrition Score:4.0939130109289%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 264.62kcal (13.23%), Fat: 10.64g (16.37%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 38.38g (13.96%), Sugar: 28.07g (31.19%), Cholesterol: 89.36mg (29.79%), Sodium: 286.94mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Selenium: 8.25µg (11.79%), Vitamin B2: 0.15mg (8.98%), Folate: 27.45µg (6.86%), Phosphorus: 61.94mg (6.19%), Iron: 1.03mg (5.72%), Manganese: 0.11mg (5.67%), Vitamin B1: 0.08mg (5.14%), Vitamin B5: 0.45mg (4.47%), Vitamin A: 215.79IU (4.32%), Fiber: 0.91g (3.64%), Vitamin B12: 0.2µg (3.36%), Vitamin B3: 0.62mg (3.12%), Vitamin E: 0.47mg (3.11%), Vitamin C: 2.49mg (3.01%), Vitamin B6: 0.06mg (2.96%), Vitamin D: 0.44µg (2.93%), Zinc: 0.4mg (2.67%), Potassium: 81.14mg (2.32%), Copper: 0.04mg (2.2%), Calcium: 19.33mg (1.93%), Vitamin K: 2.01µg (1.92%), Magnesium: 7.38mg (1.85%)