

## Burnt Caramel Pie

READY IN



45 min.

SERVINGS



16

CALORIES



1280 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 0.5 cup plus light
- 0.5 teaspoon cream of tartar
- 4 eggs separated
- 1 cup evaporated milk
- 0.5 cup flour all-purpose
- 18 inch pie crust dough
- 0.5 teaspoon vanilla extract
- 3 cups water

3 cups granulated sugar white

## Equipment

frying pan

oven

## Directions

Beat together egg yolks, evaporated milk, syrup, melted butter or margarine, vanilla, 1/2 cup sugar, and flour.

Brown 2 cups sugar in an iron skillet until light brown.

Remove from heat.

Add water; and return to heat until sugar dissolves.

Pour in egg yolk mixture. Cook until thickened, then simmer 5 minutes.

Pour filling into 2 baked pie shells.

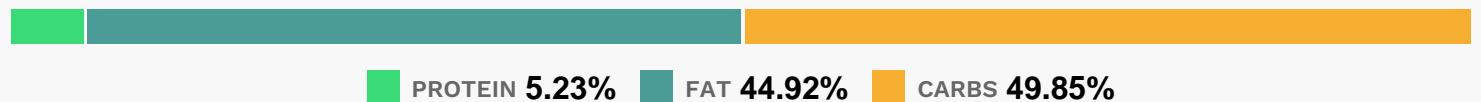
Beat egg whites until foamy.

Add cream of tartar and 1/2 cup sugar; continue to beat until stiff peaks form.

Spread meringue over pies, sealing the edges.

Bake at 325 degrees F (165 degrees C) for about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:29.89, Inflammation Score:-5, Nutrition Score:17.593478161356%

## Nutrients (% of daily need)

Calories: 1280.03kcal (64%), Fat: 63.95g (98.39%), Saturated Fat: 21.25g (132.84%), Carbohydrates: 159.65g (53.22%), Net Carbohydrates: 153.92g (55.97%), Sugar: 47.26g (52.51%), Cholesterol: 53.11mg (17.7%), Sodium: 984.71mg (42.81%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 16.75g (33.5%), Manganese: 1.03mg (51.36%), Vitamin B1: 0.67mg (44.51%), Folate: 171.18µg (42.8%), Iron: 6.28mg (34.87%), Vitamin B3: 6.35mg (31.73%), Vitamin B2: 0.51mg (30.02%), Selenium: 18.22µg (26.03%), Fiber: 5.73g (22.92%), Phosphorus: 220.83mg (22.08%), Vitamin K: 16.81µg (16.01%), Vitamin B5: 1.2mg (12.01%), Magnesium: 40.35mg (10.09%), Copper: 0.19mg (9.74%),

Calcium: 94.57mg (9.46%), Zinc: 1.36mg (9.08%), Potassium: 302.69mg (8.65%), Vitamin E: 1.26mg (8.4%), Vitamin B6: 0.14mg (7.05%), Vitamin A: 187.93IU (3.76%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.24µg (1.57%)