



Buttered Rum-Raisin Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



1057 kcal

DESSERT

Ingredients

- ☐ 3.5 tablespoons butter
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup rum dark
- ☐ 2 large eggs
- ☐ 2 cups golden raisins
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 9 inch piecrust or) package pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups non-dairy whipped topping fat-free frozen thawed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Prepare and bake Piecrust in a 9-inch pie plate. Cool completely on a wire rack.
- ☐ Combine raisins and rum in a small microwave-safe bowl; microwave at HIGH for 1 minute or until raisins are plump. Set aside.
- ☐ Combine the sugar, cornstarch, salt, and eggs in a large bowl, and stir well with a whisk.
- ☐ Heat milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly with a whisk.
- ☐ Place mixture in pan; cook over medium heat until thick and bubbly (about 10 minutes), stirring constantly.
- ☐ Remove from heat; stir in butter.
- ☐ Spoon custard into a bowl; place bowl in a large ice-filled bowl for 10 minutes or until custard comes to room temperature, stirring occasionally.
- ☐ Remove bowl from ice. Stir in raisins and vanilla; spoon mixture into prepared crust.
- ☐ Spread whipped topping evenly over filling. Loosely cover and chill 8 hours or until firm.

Nutrition Facts



 **PROTEIN 5.68%**  **FAT 45.73%**  **CARBS 48.59%**

Properties

Glycemic Index:19.18, Glycemic Load:19.39, Inflammation Score:-5, Nutrition Score:16.687826016675%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 1056.73kcal (52.84%), Fat: 53.28g (81.97%), Saturated Fat: 18.33g (114.56%), Carbohydrates: 127.36g (42.45%), Net Carbohydrates: 121.64g (44.23%), Sugar: 30.83g (34.25%), Cholesterol: 52.37mg (17.46%), Sodium: 868.67mg (37.77%), Alcohol: 2.14g (100%), Alcohol %: 0.94% (100%), Protein: 14.88g (29.77%), Manganese: 0.9mg (44.82%), Vitamin B1: 0.53mg (35.49%), Folate: 135.4µg (33.85%), Vitamin B2: 0.55mg (32.14%), Iron: 5.41mg (30.03%), Vitamin B3: 5.28mg (26.38%), Fiber: 5.73g (22.91%), Phosphorus: 224.72mg (22.47%), Selenium: 14.93µg (21.33%), Vitamin K: 14.63µg (13.94%), Potassium: 468.62mg (13.39%), Copper: 0.26mg (12.76%), Vitamin B6: 0.23mg (11.41%), Calcium: 111.2mg (11.12%), Magnesium: 43.36mg (10.84%), Vitamin B5: 1.05mg (10.54%), Zinc: 1.25mg (8.31%), Vitamin B12: 0.45µg (7.52%), Vitamin E: 1.1mg (7.35%), Vitamin A: 234.05IU (4.68%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1mg (1.21%)