



Buttermilk-Lemon Chess Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 5 large eggs beaten to blend
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pinch kosher salt
- ☐ 1.8 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest freshly grated
- ☐ 0.5 cup brown sugar light packed ()
- ☐ 1.5 cups sugar

- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 tablespoons cornmeal yellow

Equipment

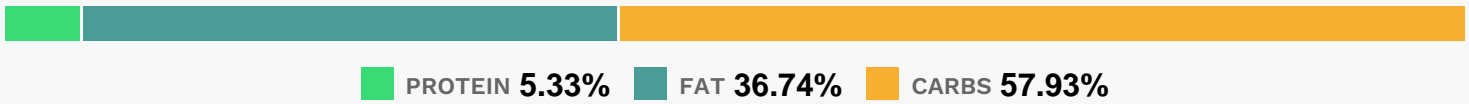
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Mix flour, salt, and sugar in a food processor.
- ☐ Add butter; pulse until pea-size pieces of butter form.
- ☐ Add 1/2 cup buttermilk; pulse until moist clumps form, adding more buttermilk by tablespoonfuls if too dry. Form into a ball; flatten into a disk. Wrap in plastic and chill for 1 hour.
- ☐ Preheat oven to 350°F.
- ☐ Roll out dough on a lightly floured surface to a 14" round.
- ☐ Transfer to pie pan; gently press onto bottom and up sides of pan. Trim dough, leaving a 1" overhang; tuck overhang under. Crimp edges decoratively. Line with parchment paper or foil; fill with pie weights or dried beans.
- ☐ Bake crust until edges begin to brown, 30–35 minutes.
- ☐ Remove paper and weights; bake until golden brown, 25–30 minutes longer.
- ☐ Let cool completely.
- ☐ Preheat oven to 350°F.

- ☐ Whisk first 4 ingredients in a medium bowl until well combined.
- ☐ Whisk eggs and remaining 6 ingredients in a large bowl (mixture may look curdled). Slowly whisk in dry ingredients.
- ☐ Pour filling into cooled crust and bake until custard is set around edges but jiggles slightly in center, 1 hour—1 hour 15 minutes.
- ☐ Let cool completely on a wire rack. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:27.81, Inflammation Score:-3, Nutrition Score:4.9256522292676%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 370kcal (18.5%), Fat: 15.39g (23.68%), Saturated Fat: 8.67g (54.18%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 54.31g (19.75%), Sugar: 52.13g (57.93%), Cholesterol: 148.95mg (49.65%), Sodium: 76.27mg (3.32%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Protein: 5.02g (10.04%), Selenium: 11.3µg (16.15%), Vitamin B2: 0.2mg (11.62%), Vitamin A: 556.87IU (11.14%), Phosphorus: 88.47mg (8.85%), Vitamin D: 1.1µg (7.32%), Vitamin B12: 0.39µg (6.57%), Vitamin B5: 0.61mg (6.11%), Calcium: 57.26mg (5.73%), Folate: 19.36µg (4.84%), Vitamin E: 0.69mg (4.57%), Iron: 0.78mg (4.34%), Vitamin B6: 0.08mg (4.05%), Zinc: 0.57mg (3.79%), Potassium: 105.67mg (3.02%), Vitamin C: 2.24mg (2.71%), Magnesium: 9.91mg (2.48%), Vitamin B1: 0.04mg (2.46%), Copper: 0.05mg (2.33%), Manganese: 0.04mg (2.08%), Fiber: 0.29g (1.16%), Vitamin K: 1.15µg (1.1%)