

Buttermilk-Lemon Chess Pie

READY IN



135 min.

SERVINGS



10

CALORIES



353 kcal

DESSERT

Ingredients

- 1 cup buttermilk at room temperature
- 4 large egg yolk at room temperature
- 4 large eggs at room temperature
- 2 tablespoons flour all-purpose
- 2 cups granulated sugar
- 3 tablespoons water
- 1 teaspoon juice of lemon freshly squeezed
- 2 teaspoons lemon zest finely grated (from 1 medium lemon)
- 0.5 teaspoon salt fine

- 0.3 cup shortening frozen cut into small pieces
- 8 tablespoons butter unsalted melted (1 stick)
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender

Directions

- Whisk the flour and salt in a large bowl until combined.
- Add the butter and shortening and toss with your fingers until well coated in the flour mixture. Using a pastry blender or your fingers, cut the butter and shortening into the flour mixture until reduced to pea-size pieces, about 3 to 4 minutes.
- Drizzle in 3 tablespoons of the ice water and the lemon juice and mix just until the dough comes together. (
- Heat the oven to 350°F and arrange a rack at the lowest level.
- Place the dough-lined pie plate on a baking sheet.
- Whisk the sugar, flour, and salt in a large bowl to aerate and combine.
- Add the buttermilk, eggs, egg yolks, and vanilla and whisk until smooth.
- Add the melted butter and lemon zest and whisk until smooth.
- Pour the mixture into the pie plate.
- Bake until the filling is just set in the middle and the top is golden brown, about 55 to 65 minutes.
- Place the pie on a wire rack and let it cool to room temperature before cutting. Store tightly covered in the refrigerator for up to 3 days. Return to room temperature before serving.

Nutrition Facts

PROTEIN 5.16% FAT 47.24% CARBS 47.6%

Properties

Glycemic Index:17.61, Glycemic Load:29.12, Inflammation Score:-2, Nutrition Score:4.9047826437846%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 353.05kcal (17.65%), Fat: 18.85g (29.01%), Saturated Fat: 8.77g (54.8%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 42.67g (15.51%), Sugar: 41.34g (45.94%), Cholesterol: 174.56mg (58.19%), Sodium: 175.33mg (7.62%), Alcohol: 0.28g (100%), Alcohol %: 0.3% (100%), Protein: 4.63g (9.26%), Selenium: 11.7µg (16.71%), Vitamin B2: 0.19mg (11.09%), Vitamin A: 525.77IU (10.52%), Phosphorus: 90.96mg (9.1%), Vitamin D: 1.25µg (8.31%), Vitamin B12: 0.44µg (7.33%), Vitamin B5: 0.66mg (6.57%), Vitamin E: 0.98mg (6.53%), Folate: 23.76µg (5.94%), Calcium: 51.8mg (5.18%), Iron: 0.64mg (3.58%), Zinc: 0.53mg (3.55%), Vitamin K: 3.69µg (3.52%), Vitamin B6: 0.07mg (3.43%), Vitamin B1: 0.05mg (3%), Potassium: 74.87mg (2.14%), Copper: 0.03mg (1.71%), Magnesium: 5.93mg (1.48%), Manganese: 0.02mg (1.24%)