



Buttermilk Pie

READY IN



110 min.

SERVINGS



8

CALORIES



363 kcal

DESSERT

Ingredients

- 2 large eggs separated
- 3 tablespoons flour all-purpose
- 1.3 cups granulated sugar
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon lemon zest finely grated
- 1.3 cups buttermilk low-fat
- 0.3 teaspoon nutmeg freshly grated
- 1 pie dough refrigerated homemade
- 0.3 teaspoon salt

- 1 stick butter unsalted melted

Equipment

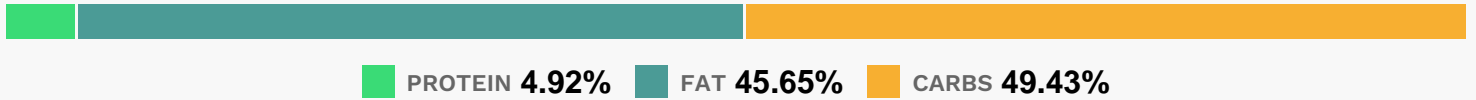
- bowl
- baking sheet
- oven
- whisk
- blender
- hand mixer
- aluminum foil
- stand mixer

Directions

- Let the buttermilk and eggs come to room temperature 1 hour before making the filling.
- Preheat the oven to 350 degrees F. Ease the dough into a 9-inch deep-dish pie plate and crimp as desired. Pierce all over with a fork. Line the dough with foil, then fill with pie weights or dried beans.
- Bake until the edges are golden, about 20 minutes.
- Remove the parchment and weights and continue baking until lightly golden all over, about 10 more minutes.
- Let cool completely on a rack.
- Make the filling: Beat the butter and sugar in a stand mixer fitted with the whisk attachment (or use a hand mixer) on medium-high speed until combined, about 1 minute.
- Add the egg yolks and beat until pale and thick, about 1 minute. Reduce the mixer speed to medium low; add the flour, lemon juice, lemon zest, nutmeg and salt and beat until just incorporated. Increase the speed to medium high and slowly pour in the buttermilk. Scrape down the sides of the bowl and continue beating until combined.
- Transfer to a large bowl.
- Clean the mixer and whisk attachment.
- Add the egg whites and beat on medium-high speed until stiff peaks form, about 4 minutes. Fold the egg whites into the yolk mixture in three additions until no white streaks remain.

- Pour the filling into the prepared crust.
- Transfer to a baking sheet and bake until golden and set around the edges (the center will still jiggle), 45 to 50 minutes, rotating the pie halfway through.
- Let cool on a rack. Dust with confectioners' sugar before serving.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:23.38, Inflammation Score:-3, Nutrition Score:4.6130435155786%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 362.58kcal (18.13%), Fat: 18.74g (28.83%), Saturated Fat: 9.65g (60.31%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 45.04g (16.38%), Sugar: 33.1g (36.79%), Cholesterol: 78.37mg (26.12%), Sodium: 234.79mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin B2: 0.18mg (10.35%), Selenium: 7.08µg (10.12%), Vitamin A: 438.53IU (8.77%), Phosphorus: 80.14mg (8.01%), Folate: 28.63µg (7.16%), Vitamin B1: 0.1mg (6.65%), Manganese: 0.12mg (6.07%), Calcium: 59.02mg (5.9%), Iron: 0.94mg (5.24%), Vitamin B5: 0.41mg (4.11%), Vitamin B3: 0.78mg (3.9%), Vitamin E: 0.58mg (3.87%), Vitamin B12: 0.22µg (3.63%), Vitamin D: 0.46µg (3.08%), Zinc: 0.45mg (3.02%), Potassium: 103.78mg (2.97%), Fiber: 0.63g (2.53%), Vitamin K: 2.62µg (2.5%), Magnesium: 9.95mg (2.49%), Vitamin B6: 0.05mg (2.37%), Copper: 0.04mg (1.93%), Vitamin C: 1.18mg (1.43%)