



Buttermilk Pie

READY IN



90 min.

SERVINGS



8

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 8 tablespoons butter room temperature
- ☐ 1.5 cups buttermilk
- ☐ 2 egg whites
- ☐ 3 tablespoons flour
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 grates nutmeg fresh
- ☐ 8 servings piecrust with lard and blind-baked
- ☐ 1.5 cups sugar

☐ 2 yolks

Equipment

☐ bowl

☐ oven

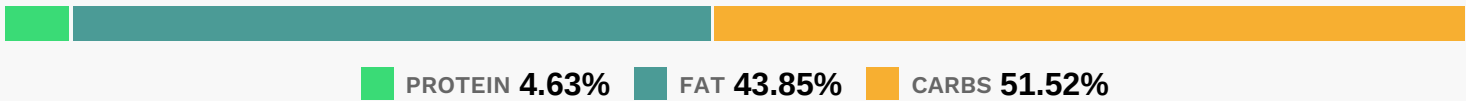
☐ whisk

☐ blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a mixer with a whisk attachment, cream the butter well then add the sugar and continue to cream until light and fluffy.
- ☐ Add the yolks and blend in; then mix in the flour. With the mixer on add the buttermilk slowly then the lemon juice and rind.
- ☐ In a separate bowl, whip the egg whites to stiff peaks. Fold 1/3 of them into the buttermilk batter, then a second and third addition folding after each one.
- ☐ Pour the filling into the blind baked crust and sprinkle the top with nutmeg.
- ☐ Bake for 40 minutes until the top is golden brown and the filling is firm looking. Cool and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.01, Glycemic Load:28.52, Inflammation Score:-3, Nutrition Score:5.1182608604431%

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: 401.55kcal (20.08%), Fat: 19.92g (30.65%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 52.66g (17.55%), Net Carbohydrates: 51.92g (18.88%), Sugar: 39.92g (44.35%), Cholesterol: 83.65mg (27.88%), Sodium: 239.34mg (10.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Selenium: 8.23µg (11.75%), Vitamin B2: 0.2mg (11.57%), Vitamin A: 489.96IU (9.8%), Phosphorus: 79.87mg (7.99%), Folate: 30.35µg (7.59%), Vitamin B1: 0.11mg (7.53%), Calcium: 67.64mg (6.76%), Manganese: 0.13mg (6.72%), Vitamin D: 0.83µg (5.52%), Vitamin B12: 0.33µg (5.42%), Iron: 0.87mg (4.81%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.8mg (4.02%), Vitamin E: 0.58mg (3.84%), Potassium: 109.69mg (3.13%), Fiber: 0.74g (2.97%), Zinc: 0.42mg (2.8%), Magnesium: 10.7mg (2.68%), Vitamin K: 2.71µg (2.58%), Vitamin B6: 0.05mg (2.34%), Copper: 0.04mg (2.24%), Vitamin C: 1.06mg (1.29%)