

Buttermilk Pie I

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups buttermilk
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups sugar white

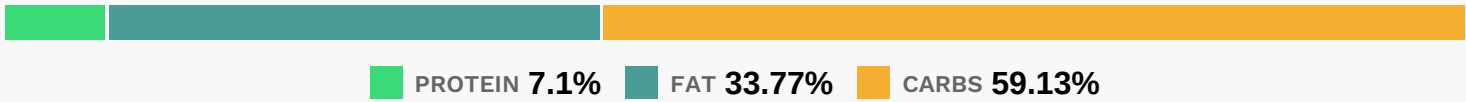
Equipment

- ☐ oven

Directions

- ☐ Mix sugar and flour.
- ☐ Add buttermilk, beaten eggs, vanilla. Melt the butter over low heat.
- ☐ Add to buttermilk mixture and mix well.
- ☐ Pour into pie crust and bake at 350 degrees F (175 degrees C) for 35 – 40 minutes.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:24.88, Inflammation Score:-2, Nutrition Score:4.3726086966369%

Nutrients (% of daily need)

Calories: 247.63kcal (12.38%), Fat: 9.45g (14.53%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 37.11g (13.5%), Sugar: 34.25g (38.06%), Cholesterol: 83.23mg (27.74%), Sodium: 132.48mg (5.76%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 4.47g (8.94%), Selenium: 8.87µg (12.67%), Vitamin B2: 0.21mg (12.16%), Phosphorus: 89.62mg (8.96%), Calcium: 80.9mg (8.09%), Vitamin D: 1.11µg (7.4%), Vitamin A: 365.37IU (7.31%), Vitamin B12: 0.43µg (7.25%), Vitamin B5: 0.51mg (5.06%), Folate: 18.12µg (4.53%), Vitamin B1: 0.07mg (4.39%), Zinc: 0.48mg (3.19%), Potassium: 111.02mg (3.17%), Iron: 0.51mg (2.81%), Vitamin B6: 0.05mg (2.59%), Vitamin E: 0.38mg (2.55%), Magnesium: 9.04mg (2.26%), Manganese: 0.04mg (1.8%), Copper: 0.04mg (1.75%), Vitamin B3: 0.3mg (1.51%)