



Buttermilk Pie II

READY IN



65 min.

SERVINGS



8

CALORIES



404 kcal

DESSERT

Ingredients

- 0.8 cup butter melted
- 1 cup buttermilk
- 2 eggs beaten
- 1 tablespoon flour all-purpose
- 0.3 teaspoon salt
- 19-inch unbaked pie crust ()
- 2 teaspoons vanilla extract
- 1 cup sugar white

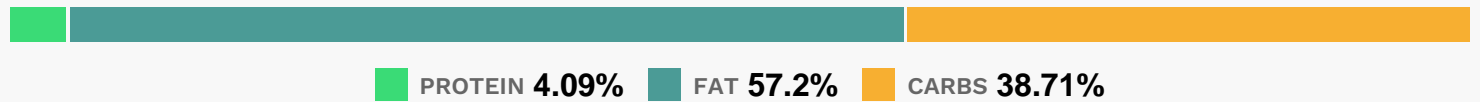
Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place beaten eggs in a medium bowl. Gradually beat in sugar. Stir in melted butter, salt, flour, buttermilk, and vanilla extract.
- Mix until smooth.
- Pour mixture into pastry shell.
- Bake in preheated oven for 50 minutes. Reduce heat to 325 degrees F (165 degrees C).
- Bake an additional 10 minutes. Pie is done when toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:18.43, Inflammation Score:-4, Nutrition Score:4.663913037466%

Nutrients (% of daily need)

Calories: 403.71kcal (20.19%), Fat: 25.91g (39.85%), Saturated Fat: 13.89g (86.84%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 38.8g (14.11%), Sugar: 26.6g (29.55%), Cholesterol: 89.97mg (29.99%), Sodium: 359.24mg (15.62%), Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Protein: 4.17g (8.33%), Vitamin A: 640.97IU (12.82%), Vitamin B2: 0.16mg (9.53%), Selenium: 6.59µg (9.42%), Phosphorus: 71.46mg (7.15%), Folate: 26.52µg (6.63%), Vitamin B1: 0.1mg (6.39%), Manganese: 0.12mg (6.23%), Calcium: 51.06mg (5.11%), Iron: 0.91mg (5.08%), Vitamin E: 0.75mg (4.97%), Vitamin B12: 0.27µg (4.53%), Vitamin B5: 0.41mg (4.12%), Vitamin D: 0.61µg (4.07%), Vitamin B3: 0.78mg (3.89%), Vitamin K: 3.44µg (3.28%), Zinc: 0.4mg (2.65%), Fiber: 0.65g (2.6%), Potassium: 88.04mg (2.52%), Magnesium: 8.82mg (2.21%), Vitamin B6: 0.04mg (2.17%), Copper: 0.04mg (1.9%)