

Buttermilk Pie IV

READY IN



75 min.

SERVINGS



8

CALORIES



481 kcal

DESSERT

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 9-inch deep dish pie crust ()
- ☐ 3 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

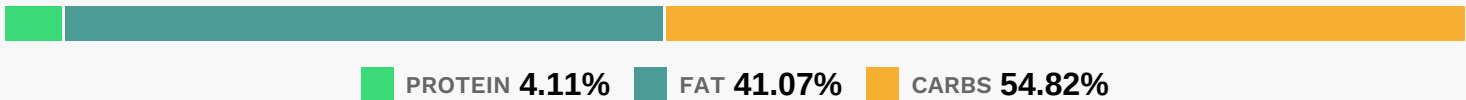
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C.)
- ☐ In a large bowl, cream margarine and sugar. Beat in flour and salt. Blend in the eggs. Stir in the buttermilk and vanilla.
- ☐ Pour into pie shell.
- ☐ Bake in the preheated oven for 15 minutes, then reduce temperature to 325 degrees F (165 degrees C) and bake 45 minutes, or until filling is set.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:36.91, Inflammation Score:-4, Nutrition Score:5.5256522076771%

Nutrients (% of daily need)

Calories: 480.59kcal (24.03%), Fat: 22.29g (34.29%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 66.94g (22.31%), Net Carbohydrates: 66.47g (24.17%), Sugar: 51.5g (57.22%), Cholesterol: 64.68mg (21.56%), Sodium: 361.71mg (15.73%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.02g (10.04%), Vitamin A: 646.09IU (12.92%), Selenium: 8.7µg (12.43%), Vitamin B2: 0.2mg (11.56%), Folate: 36.3µg (9.07%), Phosphorus: 83.71mg (8.37%), Manganese: 0.16mg (8.14%), Vitamin B1: 0.11mg (7.23%), Vitamin E: 0.99mg (6.57%), Iron: 1.09mg (6.07%), Calcium: 54.67mg (5.47%), Vitamin B12: 0.3µg (4.98%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.72µg (4.8%), Vitamin B3: 0.92mg (4.59%), Vitamin K: 4.39µg (4.18%), Zinc: 0.48mg (3.21%), Potassium: 99.7mg (2.85%), Vitamin B6: 0.05mg (2.74%), Magnesium: 10.32mg (2.58%), Copper: 0.05mg (2.48%), Fiber: 0.47g (1.89%)