



## Buttermilk Raisin Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

DESSERT

### Ingredients

- 1 cup buttermilk
- 1 eggs beaten
- 1 cup raisins
- 1 pinch salt
- 1 cup sugar white

### Equipment

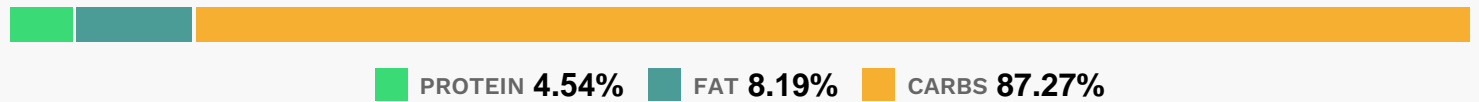
- bowl
- oven

pie form

## Directions

- Preheat oven to 450 degrees F (225 degrees C).
- In a medium bowl, combine egg, raisins, sugar, buttermilk, and salt.
- Mix thoroughly.
- Pour mixture into pastry-lined 8 inch pie pan. Cover with second pastry circle. Seal edges and cut steam vents in top.
- Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake an additional 35 to 40 minutes.
- Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:26.65, Glycemic Load:34.06, Inflammation Score:-1, Nutrition Score:3.6730434667805%

## Nutrients (% of daily need)

Calories: 235.15kcal (11.76%), Fat: 2.26g (3.47%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 54.17g (18.06%), Net Carbohydrates: 52.53g (19.1%), Sugar: 35.25g (39.16%), Cholesterol: 31.68mg (10.56%), Sodium: 65.97mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin B2: 0.15mg (8.98%), Potassium: 264.16mg (7.55%), Phosphorus: 66.64mg (6.66%), Fiber: 1.64g (6.57%), Selenium: 4.08µg (5.82%), Calcium: 57.21mg (5.72%), Copper: 0.09mg (4.53%), Vitamin D: 0.67µg (4.44%), Iron: 0.78mg (4.35%), Vitamin B12: 0.25µg (4.15%), Vitamin B6: 0.07mg (3.62%), Manganese: 0.07mg (3.48%), Vitamin B1: 0.05mg (3.25%), Magnesium: 12.13mg (3.03%), Vitamin B5: 0.28mg (2.75%), Vitamin A: 105.6IU (2.11%), Zinc: 0.29mg (1.96%), Vitamin C: 1.3mg (1.58%), Vitamin B3: 0.31mg (1.55%), Folate: 6.17µg (1.54%)