



Buttermilk Shoefly Pie

 Vegetarian

READY IN



300 min.

SERVINGS



12

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 2 cups buttermilk well-shaken (not powdered)
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoon flour all-purpose
- ☐ 0.3 cup blackstrap molasses (not robust or blackstrap)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract pure

☐ 1 tablespoon water hot

Equipment

☐ sauce pan

☐ oven

☐ whisk

☐ aluminum foil

☐ rolling pin

Directions

☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12-inch round and fit into a 9-inch pie plate. Trim edge, leaving a 1/2-inch overhang. Fold overhang under and lightly press against rim of pie plate, then crimp decoratively. Lightly prick bottom all over with a fork. Chill until firm, at least 30 minutes (or freeze 10 minutes).

☐ Preheat oven to 375°F with rack in middle.

☐ Line shell with foil and fill with pie weights.

☐ Bake until side is set and edge is pale golden, about 20 minutes. Carefully remove weights and foil and bake shell until golden all over, 10 to 15 minutes more.

☐ Reduce oven to 350°F.

☐ Whisk together filling ingredients and pour into shell.

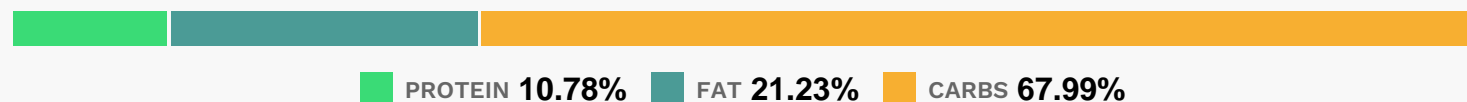
☐ Bake until set but still slightly wobbly in center, about 45 minutes. Cool completely, about 1 1/2 hours.

☐ Cook molasses, sugar, eggs, flour, and salt in a 3- to 3 1/2-quart saucepan over medium heat, whisking constantly, until it begins to simmer and thickens. Dissolve baking soda in hot water, then whisk into molasses mixture (it will bubble up).

☐ Pour over cooled buttermilk layer, spreading evenly. Cool until set, about 30 minutes.

☐ Pie can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:8.25, Inflammation Score:-2, Nutrition Score:3.6256521797698%

Nutrients (% of daily need)

Calories: 90.76kcal (4.54%), Fat: 2.16g (3.32%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 15.5g (5.64%), Sugar: 14.57g (16.18%), Cholesterol: 35.4mg (11.8%), Sodium: 93.09mg (4.05%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 2.46g (4.93%), Selenium: 6.16µg (8.8%), Manganese: 0.16mg (7.84%), Calcium: 70.19mg (7.02%), Magnesium: 27.98mg (7%), Vitamin B2: 0.11mg (6.74%), Potassium: 204.12mg (5.83%), Phosphorus: 54.77mg (5.48%), Vitamin B6: 0.09mg (4.6%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.26µg (4.3%), Iron: 0.66mg (3.67%), Vitamin B5: 0.36mg (3.61%), Copper: 0.06mg (3.21%), Vitamin B1: 0.04mg (2.39%), Vitamin A: 111IU (2.22%), Folate: 8.2µg (2.05%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.2mg (1.02%)