



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



PROTEIN 10.78% **FAT 21.23%** **CARBS 67.99%**

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%)