



Butterscotch Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- 0.7 cup firmly brown sugar dark packed
- 2 teaspoons brown sugar dark
- 1 egg yolk
- 0.7 cup flour all-purpose
- 1 cup flour all-purpose
- 3 tablespoons ice water
- 2 cups milk 1% low-fat
- 2 teaspoons butter
- 0.1 teaspoon salt

- 1.5 teaspoons vanilla extract
- 3 tablespoons vegetable shortening
- 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- plastic wrap

Directions

- Combine 1 cup flour and 1/8 teaspoon salt in a bowl; cut in shortening with a pastry blender until mixture resembles coarse meal.
- Sprinkle ice water, 1 tablespoon at a time, over surface of flour mixture; toss with a fork until dry ingredients are moistened. Gently press dough into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- Roll dough, still covered, into an 11-inch circle.
- Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- Remove plastic wrap; fit dough into a 9-inch pieplate coated with cooking spray. Fold edges under, and flute; prick bottom and sides of dough with a fork.
- Bake at 425 for 15 minutes or until lightly browned; cool completely on a wire rack.
- Combine 2/3 cup sugar, 2/3 cup flour, and 1/8 teaspoon salt in a medium saucepan. Gradually add milk and egg yolk, stirring with a wire whisk until well blended.
- Place over medium heat, and cook 16 minutes or until thickened and bubbly, stirring constantly.
- Remove from heat; stir in margarine and vanilla.
- Pour mixture into prepared crust; cover with plastic wrap. Chill 4 hours or until set.

Remove plastic wrap. Dollop whipped topping over filling; sprinkle each dollop with brown sugar.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:14.38, Inflammation Score:-3, Nutrition Score:6.6060869382775%

Nutrients (% of daily need)

Calories: 264.95kcal (13.25%), Fat: 7.83g (12.05%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 42.49g (15.45%), Sugar: 22.96g (25.52%), Cholesterol: 27.34mg (9.11%), Sodium: 82.06mg (3.57%), Alcohol: 0.26g (100%), Alcohol %: 0.26% (100%), Protein: 5.22g (10.44%), Selenium: 11.67µg (16.67%), Vitamin B1: 0.24mg (16.27%), Vitamin B2: 0.23mg (13.44%), Folate: 52.47µg (13.12%), Phosphorus: 102.24mg (10.22%), Calcium: 101.22mg (10.12%), Manganese: 0.19mg (9.74%), Vitamin B3: 1.63mg (8.17%), Iron: 1.42mg (7.87%), Vitamin B12: 0.41µg (6.91%), Vitamin D: 0.77µg (5.14%), Vitamin B5: 0.45mg (4.54%), Potassium: 156.22mg (4.46%), Vitamin A: 196.27IU (3.93%), Magnesium: 15.17mg (3.79%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.06mg (3.2%), Vitamin E: 0.44mg (2.95%), Fiber: 0.7g (2.81%), Vitamin K: 2.86µg (2.72%), Copper: 0.05mg (2.54%)