

## Butterscotch Pie

READY IN



45 min.

SERVINGS



10

CALORIES



280 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 teaspoon cider vinegar
- ☐ 0.3 cup cornstarch
- ☐ 0.8 cup brown sugar dark packed
- ☐ 3 large egg yolks
- ☐ 1 cup evaporated milk fat-free divided
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons ice water
- ☐ 2 cups milk 2% reduced-fat

- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 3.5 tablespoons vegetable shortening
- ☐ 1.5 cups non-dairy whipped topping fat-free frozen thawed

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ measuring cup

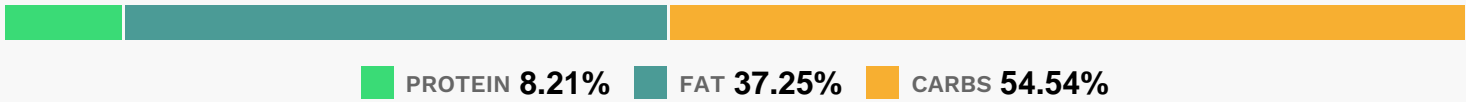
## Directions

- ☐ To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, powdered sugar, and 1/4 teaspoon salt in a medium bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine water and vinegar.
- ☐ Sprinkle surface of flour mixture with water mixture, 1 tablespoon at a time; toss with a fork until moist. Gently press mixture into a 4-inch circle on plastic wrap, and cover. Chill for 1 hour.

- ☐ Preheat oven to 400.
- ☐ Slightly overlap 2 (15-inch) sheets of plastic wrap on a slightly damp surface. Unwrap chilled dough, and place on plastic wrap. Cover with 2 additional (15-inch) sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle.
- ☐ Place dough in freezer 10 minutes or until plastic wrap can be easily removed.
- ☐ Let stand 1 minute.
- ☐ Remove 2 sheets of plastic wrap. Fit dough, plastic wrap side up, into a 9-inch pie plate; remove remaining plastic wrap. Press the dough against bottom and sides of pie plate. Fold edges under, and flute. Freeze 10 minutes.
- ☐ Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- ☐ Bake at 400 for 20 minutes or until pastry edge is lightly browned.
- ☐ Remove pie weights and foil; bake an additional 8 minutes or until done. Cool completely on a wire rack.
- ☐ To prepare filling, melt butter in a large, heavy saucepan over medium heat.
- ☐ Add brown sugar; cook 2 minutes or until mixture resembles wet sand, stirring constantly with a wooden spoon.
- ☐ Add 1/4 cup evaporated milk, 1 tablespoon at a time, stirring after each addition. Bring to a boil, stirring constantly; cook 30 seconds.
- ☐ Remove from heat.
- ☐ Combine remaining 3/4 cup evaporated milk, cornstarch, 1/8 teaspoon salt, and egg yolks in a medium bowl, stirring with a whisk.
- ☐ Heat 2% milk in a small saucepan over medium heat to 180 or until tiny bubbles form around edge (do not boil), stirring frequently. Gradually add hot milk to cornstarch mixture, stirring constantly with a wire whisk.
- ☐ Gradually add hot milk mixture to brown sugar mixture, stirring with a whisk.
- ☐ Place mixture in a pan; cook over medium heat 11 minutes or until thick, stirring constantly with a wooden spoon. Cook an additional 2 minutes; remove from heat. Stir in vanilla.
- ☐ Place pan in a large ice-filled bowl for 20 minutes or until mixture comes to room temperature, stirring occasionally.
- ☐ Remove pan from ice. Spoon mixture into the prepared crust. Cover and refrigerate for 8 hours or overnight.

Spread whipped topping evenly over filling just before serving.

# Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:6.9, Inflammation Score:-3, Nutrition Score:6.472608693268%

## Nutrients (% of daily need)

Calories: 280.43kcal (14.02%), Fat: 11.63g (17.89%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 37.89g (13.78%), Sugar: 23.67g (26.3%), Cholesterol: 73.98mg (24.66%), Sodium: 170.42mg (7.41%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 5.77g (11.54%), Vitamin B2: 0.33mg (19.24%), Calcium: 157.82mg (15.78%), Phosphorus: 137.58mg (13.76%), Selenium: 9.54µg (13.63%), Vitamin B1: 0.16mg (10.34%), Vitamin B12: 0.56µg (9.35%), Folate: 36.86µg (9.21%), Vitamin B5: 0.59mg (5.92%), Potassium: 197.76mg (5.65%), Manganese: 0.11mg (5.6%), Vitamin A: 271.57IU (5.43%), Iron: 0.92mg (5.13%), Vitamin B3: 0.9mg (4.48%), Zinc: 0.67mg (4.48%), Magnesium: 16.98mg (4.24%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.54mg (3.62%), Vitamin K: 2.93µg (2.79%), Copper: 0.04mg (2.11%), Vitamin D: 0.3µg (2%), Fiber: 0.42g (1.68%)