



WHATShEATE



## Butterscotch Pie

READY IN



25 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup brown sugar dark
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 4 tablespoons flour
- ☐ 6 tablespoons granulated sugar
- ☐ 0.5 cup brown sugar light
- ☐ 1 9-inch pie crust ()
- ☐ 4 tablespoons butter unsalted salted european style ( was better)

- ☐ 0.5 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups milk whole warmed

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 350 degrees F. Have all Meringue ingredients laid out and ready to go – – you'll need to make it quickly.
- ☐ Whisk the 3 egg yolks together in a bowl. In a second bowl, whisk flour with half of the warm milk, until smooth.
- ☐ Whisk the beaten egg yolks and the salt into the milk/flour mixture, then whisk in the remaining cup of milk. Set aside.
- ☐ Place the butter in a saucepan and soften it a little over medium heat.
- ☐ Add the brown sugar and whisk or stir for about 2 minutes or until butter is melted and sugar has dissolved.
- ☐ Whisk the milk mixture into the saucepan. Continue whisking constantly over medium heat until mixture thickens and bubbles — this should only take 2–3 minutes. After big bubbles start to form, continue whisking for another 3 minutes.
- ☐ Remove from heat and stir in the vanilla.
- ☐ Pour the hot filling into the crust. Make meringue quickly so that you can put it on the filling while it's hot (they say this helps prevent weeping). Make meringue. Beat egg whites and cream of tartar until stiff peaks just begin to form. Beat in the vanilla, then slowly beat in the sugar. Scrape mixture over hot filling and bake at 350 for 10–15 minutes or until lightly browned.
- ☐ Let pie cool at room temperature for an hour, then transfer to the refrigerator to chill for 4 hours or until set.

## Nutrition Facts



 **PROTEIN 6.62%**  **FAT 37.13%**  **CARBS 56.25%**

## Properties

Glycemic Index:22.89, Glycemic Load:9.44, Inflammation Score:-3, Nutrition Score:6.4052173884019%

## Nutrients (% of daily need)

Calories: 383.2kcal (19.16%), Fat: 15.92g (24.5%), Saturated Fat: 7.38g (46.16%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 53.56g (19.48%), Sugar: 38.82g (43.14%), Cholesterol: 91.22mg (30.41%), Sodium: 157.78mg (6.86%), Alcohol: 0.26g (100%), Alcohol %: 0.21% (100%), Protein: 6.38g (12.77%), Selenium: 10.35µg (14.79%), Vitamin B2: 0.24mg (14%), Calcium: 114.12mg (11.41%), Phosphorus: 113.21mg (11.32%), Vitamin B1: 0.14mg (9.63%), Folate: 34.65µg (8.66%), Manganese: 0.16mg (8.18%), Vitamin B12: 0.48µg (7.95%), Vitamin D: 1.12µg (7.47%), Vitamin A: 365.93IU (7.32%), Iron: 1.21mg (6.74%), Vitamin B5: 0.6mg (6.04%), Potassium: 201.9mg (5.77%), Vitamin B3: 1.01mg (5.06%), Vitamin B6: 0.09mg (4.3%), Magnesium: 16.28mg (4.07%), Zinc: 0.56mg (3.71%), Vitamin E: 0.47mg (3.16%), Fiber: 0.73g (2.91%), Vitamin K: 2.55µg (2.43%), Copper: 0.05mg (2.4%)