



## Butterscotch Pie — The Best for Now

READY IN



260 min.

SERVINGS



8

CALORIES



388 kcal

DESSERT

### Ingredients

- ☐ 1 baked homemade store-bought
- ☐ 0.5 cup brown sugar dark
- ☐ 3 large egg yolks
- ☐ 4 tablespoons flour
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup brown sugar light
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

- ☐ 2 cups milk whole warmed
- ☐ 4 tablespoons land o lakes european style
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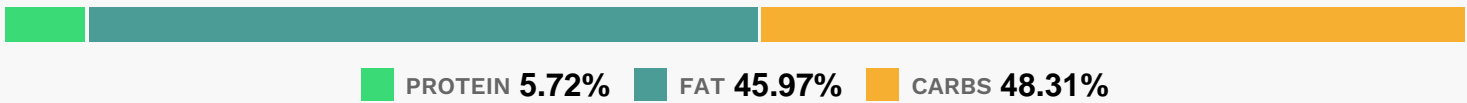
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ With a fork, mix the three egg yolks together in a small cup or bowl. In a second bowl, whisk flour with half of the warm milk, until smooth.
- ☐ Whisk the egg yolks and the salt into the milk/flour mixture, then whisk in the remaining cup of warm 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 2 minutes.
- ☐ Remove from heat and stir in the vanilla.
- ☐ Lay a sheet of greased waxed paper directly over the top to prevent a skin from forming and let cool for about half an hour at room temperature.
- ☐ Transfer to the baked pie shell and chill thoroughly. Shortly before serving, prepare the whipped cream. In a chilled metal bowl using chilled beaters, beat the cream and sugar until stiff peaks start to form. Beat in the vanilla. Pipe around edges of the pie.

## Nutrition Facts



## Properties

Glycemic Index:22.89, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:6.6673912367095%

Nutrients (% of daily need)

Calories: 387.97kcal (19.4%), Fat: 19.97g (30.72%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 46.58g (16.94%), Sugar: 33.64g (37.38%), Cholesterol: 109.79mg (36.6%), Sodium: 129.08mg (5.61%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 5.59g (11.18%), Vitamin B2: 0.23mg (13.53%), Calcium: 130.45mg (13.05%), Vitamin A: 628.28IU (12.57%), Phosphorus: 124.24mg (12.42%), Selenium: 8.45µg (12.07%), Vitamin D: 1.49µg (9.94%), Vitamin B1: 0.14mg (9.29%), Vitamin B12: 0.5µg (8.36%), Folate: 32.51µg (8.13%), Manganese: 0.15mg (7.29%), Vitamin B5: 0.63mg (6.33%), Iron: 1.13mg (6.27%), Potassium: 189.45mg (5.41%), Vitamin B6: 0.09mg (4.69%), Vitamin B3: 0.91mg (4.57%), Magnesium: 16.33mg (4.08%), Zinc: 0.6mg (4%), Vitamin E: 0.57mg (3.79%), Vitamin K: 2.74µg (2.61%), Fiber: 0.63g (2.53%), Copper: 0.04mg (2.2%)