



Caramel Pie I

READY IN



85 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

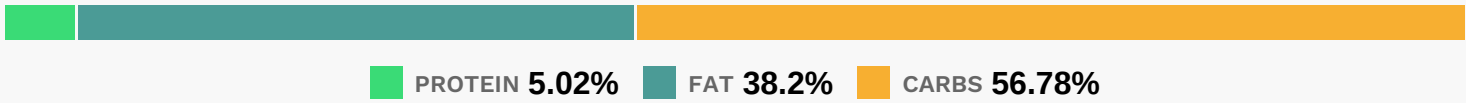
- ☐ 3 tablespoons butter
- ☐ 1 eggs
- ☐ 4 tablespoons flour all-purpose sifted
- ☐ 1 cup milk
- ☐ 1 9-inch pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

Directions

- ☐ Cream together butter or margarine, flour, and sugar.
- ☐ Slightly beat egg, and add it plus milk to creamed mixture.
- ☐ Cook over medium heat, stirring constantly until thickened. Cool, and add vanilla.
- ☐ Pour into baked pie crust. Refrigerate.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:20.07, Inflammation Score:-2, Nutrition Score:3.9143478455751%

Nutrients (% of daily need)

Calories: 289.4kcal (14.47%), Fat: 12.39g (19.06%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 40.72g (14.81%), Sugar: 26.51g (29.46%), Cholesterol: 35.41mg (11.8%), Sodium: 155.78mg (6.77%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 3.67g (7.33%), Vitamin B2: 0.14mg (7.96%), Vitamin B1: 0.12mg (7.85%), Selenium: 5.17µg (7.38%), Manganese: 0.14mg (7.05%), Folate: 27.1µg (6.78%), Phosphorus: 65.04mg (6.5%), Iron: 0.93mg (5.19%), Calcium: 47.47mg (4.75%), Vitamin B3: 0.94mg (4.68%), Vitamin A: 210.56IU (4.21%), Vitamin B12: 0.22µg (3.71%), Vitamin B5: 0.32mg (3.22%), Vitamin D: 0.45µg (2.97%), Fiber: 0.73g (2.9%), Potassium: 84.1mg (2.4%), Zinc: 0.34mg (2.28%), Magnesium: 9.06mg (2.27%), Vitamin K: 2.31µg (2.2%), Vitamin B6: 0.04mg (2.12%), Vitamin E: 0.31mg (2.08%), Copper: 0.03mg (1.53%)