



Caramel Pie III

READY IN



60 min.

SERVINGS



8

CALORIES



1156 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 3 egg yolks beaten
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.5 cup milk
- ☐ 9 inch pie shell
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water boiling

☐ 0.5 cup sugar white

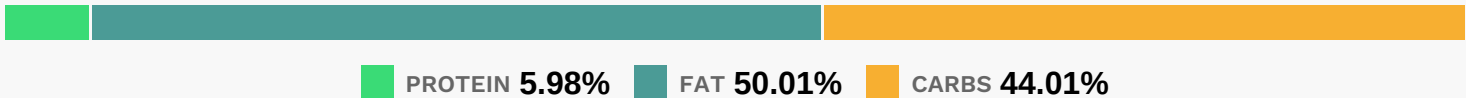
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C.)
- ☐ In a heavy iron skillet, over medium heat, stir 1 cup sugar until melted and golden brown. Reduce heat to low and mix in boiling water. Set aside.
- ☐ In a heavy saucepan, melt butter.
- ☐ Remove from heat.
- ☐ Add flour and salt into butter mixing thoroughly. Stir in 1/4 milk. Return pan to stove, on low heat, and add remaining 1/4 cup milk and caramel syrup. Cook, stirring constantly, until thickened. Put egg yolks in a small bowl.
- ☐ Add about 1/2 of the hot mixture to egg yolks.
- ☐ Pour the yolk mixture back into remaining caramel mixture. Cook 1 minute and pour into baked pie shell.
- ☐ Beat egg whites with cream of tartar until foamy.
- ☐ Add remaining 1/2 cup sugar, very slowly, beating until egg whites are stiff.
- ☐ Spread over filling and bake at 400 degrees for 10 minutes, or until meringue is lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:11.59, Inflammation Score:-5, Nutrition Score:17.865217385085%

Nutrients (% of daily need)

Calories: 1155.51kcal (57.78%), Fat: 63.88g (98.27%), Saturated Fat: 21.09g (131.83%), Carbohydrates: 126.52g (42.17%), Net Carbohydrates: 120.77g (43.92%), Sugar: 13.34g (14.82%), Cholesterol: 82.25mg (27.42%), Sodium: 1044.88mg (45.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.35%), Manganese: 1.03mg (51.65%), Vitamin B1: 0.68mg (45.11%), Folate: 176.49µg (44.12%), Iron: 6.27mg (34.84%), Vitamin B3: 6.38mg (31.91%), Vitamin B2: 0.52mg (30.31%), Selenium: 20.84µg (29.78%), Fiber: 5.75g (23.01%), Phosphorus: 211.32mg (21.13%), Vitamin K: 16.78µg (15.98%), Vitamin B5: 1.22mg (12.16%), Magnesium: 38.56mg (9.64%), Copper: 0.19mg (9.46%), Vitamin E: 1.3mg (8.67%), Zinc: 1.27mg (8.5%), Potassium: 288.41mg (8.24%), Vitamin B6: 0.15mg (7.41%), Calcium: 73.61mg (7.36%), Vitamin A: 211.76IU (4.24%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.53µg (3.55%)