



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.

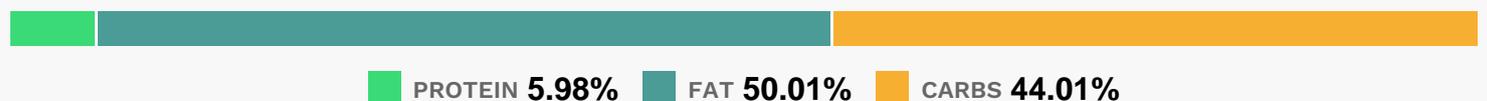
Pour the yolk mixture back into remaining caramel mixture. Cook 1 minute and pour into baked pie shell.

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: 0g (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%)