

Chess Pie

 Popular

READY IN



65 min.

SERVINGS



8

CALORIES



1371 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 tablespoon cornmeal
- ☐ 4 eggs
- ☐ 0.3 cup evaporated milk
- ☐ 9 inch unbaked pie shell
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon distilled vinegar white
- ☐ 2 cups sugar white

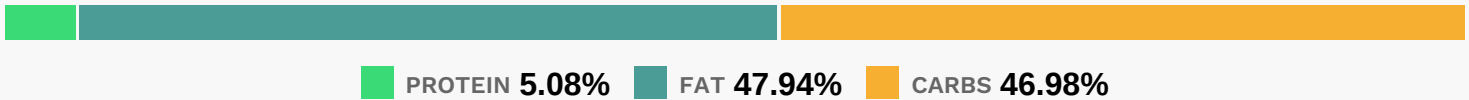
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, mix the butter, sugar and vanilla together.
- ☐ Mix in the eggs, then stir in the cornmeal, evaporated milk and vinegar until smooth.
- ☐ Bake for 10 minutes in the preheated oven, then reduce heat to 300 degrees F (150 degrees C) for 40 minutes.
- ☐ Let cool.
- ☐ Cut and top servings with whipped cream. You will think you have died and gone to heaven.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:35.45, Inflammation Score:-6, Nutrition Score:18.154782728009%

Nutrients (% of daily need)

Calories: 1371.17kcal (68.56%), Fat: 73.08g (112.44%), Saturated Fat: 26.71g (166.96%), Carbohydrates: 161.13g (53.71%), Net Carbohydrates: 155.39g (56.5%), Sugar: 50.86g (56.52%), Cholesterol: 114.63mg (38.21%), Sodium: 1051.7mg (45.73%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 17.41g (34.82%), Manganese: 1.01mg (50.67%), Vitamin B1: 0.64mg (42.38%), Folate: 169.32µg (42.33%), Iron: 6.32mg (35.09%), Vitamin B2: 0.52mg (30.82%), Vitamin B3: 6.15mg (30.73%), Selenium: 20.29µg (28.98%), Fiber: 5.74g (22.97%), Phosphorus: 227.87mg (22.79%), Vitamin K: 17.53µg (16.7%), Vitamin B5: 1.32mg (13.22%), Vitamin E: 1.61mg (10.75%), Magnesium: 39.98mg (10%), Vitamin A: 494.42IU (9.89%), Copper: 0.19mg (9.64%), Zinc: 1.41mg (9.43%), Vitamin B6: 0.16mg (8.09%), Potassium: 281.68mg (8.05%), Calcium: 79.78mg (7.98%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.45µg (2.99%)