



Chess Pie

READY IN



65 min.

SERVINGS



8

CALORIES



457 kcal

DESSERT

Ingredients

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

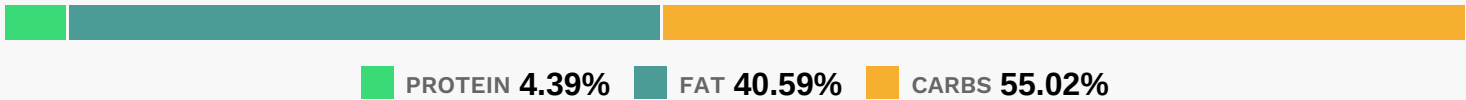
Equipment

- ☐ 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:-3, Nutrition Score:4.8526086677676%

Nutrients (% of daily need)

Calories: 457.17kcal (22.86%), Fat: 20.94g (32.22%), Saturated Fat: 10.4g (64.97%), Carbohydrates: 63.89g (21.3%), Net Carbohydrates: 63.15g (22.96%), Sugar: 50.86g (56.52%), Cholesterol: 114.63mg (38.21%), Sodium: 233.7mg (10.16%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.09g (10.18%), Selenium: 8.89µg (12.7%), Vitamin B2: 0.18mg (10.82%), Vitamin A: 492.42IU (9.85%), Phosphorus: 83.87mg (8.39%), Folate: 29.32µg (7.33%), Manganese: 0.13mg (6.47%), Iron: 1.12mg (6.2%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.51mg (5.12%), Vitamin E: 0.69mg (4.62%), Calcium: 41.78mg (4.18%), Vitamin B12: 0.23µg (3.88%), Vitamin B3: 0.75mg (3.73%), Zinc: 0.51mg (3.43%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.45µg (2.99%), Fiber: 0.74g (2.97%), Vitamin K: 2.93µg (2.79%), Potassium: 87.68mg (2.51%), Magnesium: 9.98mg (2.5%), Copper: 0.04mg (2.14%)