



Chess Pie I



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 4 eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

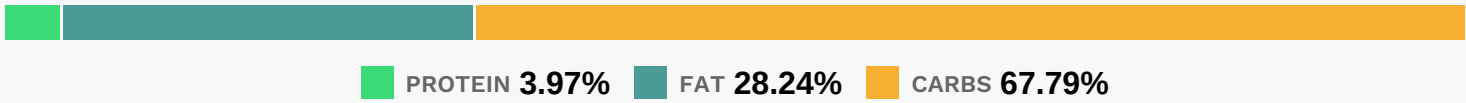
Equipment

- ☐ oven

Directions

- ☐ Cream sugar and butter or margarine.
- ☐ Add eggs one at a time, and mix well.
- ☐ Add cream and vanilla to this mixture, and blend well.
- ☐ Pour mixture into 9 inch pie shell.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes, or until set and brown on top.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:34.91, Inflammation Score:-1, Nutrition Score:2.5152173789785%

Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 9.28g (14.28%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 50.13g (18.23%), Sugar: 50.16g (55.73%), Cholesterol: 101.13mg (33.71%), Sodium: 77.81mg (3.38%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 2.94g (5.88%), Selenium: 7.24µg (10.34%), Vitamin B2: 0.12mg (7.06%), Vitamin A: 348.86IU (6.98%), Phosphorus: 47.44mg (4.74%), Vitamin B12: 0.21µg (3.56%), Vitamin B5: 0.35mg (3.55%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.43mg (2.85%), Folate: 10.7µg (2.67%), Iron: 0.42mg (2.31%), Zinc: 0.3mg (2.03%), Vitamin B6: 0.04mg (1.95%), Calcium: 17.03mg (1.7%), Potassium: 37.34mg (1.07%), Copper: 0.02mg (1.01%)