



Chess Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



1044 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon cornmeal
- ☐ 3 eggs
- ☐ 9 inch pie shell
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1.5 cups sugar white

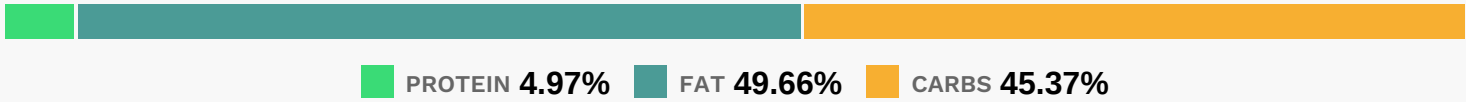
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium mixing bowl combine melted butter or margarine, eggs, and sugar.
- ☐ Mix well, then add cornmeal, vinegar, and vanilla extract. Stir until all ingredients are thoroughly combined.
- ☐ Pour into pastry shell.
- ☐ Bake in preheated oven for 35 minutes, or until set and golden brown on top.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:21.38, Inflammation Score:-5, Nutrition Score:13.784347762232%

Nutrients (% of daily need)

Calories: 1043.64kcal (52.18%), Fat: 57.54g (88.52%), Saturated Fat: 20.94g (130.9%), Carbohydrates: 118.28g (39.43%), Net Carbohydrates: 113.68g (41.34%), Sugar: 30.06g (33.4%), Cholesterol: 73.51mg (24.5%), Sodium: 828.33mg (36.01%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 12.95g (25.89%), Manganese: 0.81mg (40.44%), Vitamin B1: 0.5mg (33.59%), Folate: 132.88µg (33.22%), Iron: 4.96mg (27.55%), Vitamin B3: 4.9mg (24.51%), Vitamin B2: 0.38mg (22.19%), Selenium: 14.67µg (20.96%), Fiber: 4.59g (18.38%), Phosphorus: 160.8mg (16.08%), Vitamin K: 13.98µg (13.31%), Vitamin B5: 0.95mg (9.5%), Vitamin E: 1.23mg (8.22%), Magnesium: 29.94mg (7.49%), Copper: 0.15mg (7.47%), Vitamin A: 356.72IU (7.13%), Zinc: 1.03mg (6.83%), Vitamin B6: 0.12mg (5.94%), Potassium: 199.98mg (5.71%), Calcium: 44.82mg (4.48%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.26µg (1.76%)