

Classic Chess Pie

READY IN



45 min.

SERVINGS



8

CALORIES



623 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons cornmeal
- ☐ 4 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup milk
- ☐ 8 servings powdered sugar for garnish
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon vinegar white

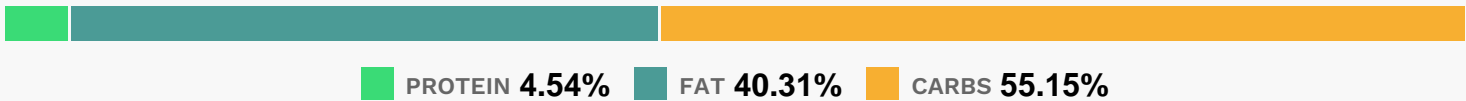
Equipment

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Fit piecrust into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- ☐ Line pastry with aluminum foil, and fill with pie weights or dried beans.
- ☐ Bake at 425 for 4 to 5 minutes.
- ☐ Remove weights and foil; bake 2 more minutes or until golden. Cool.
- ☐ Stir together sugar and next 7 ingredients until blended.
- ☐ Add eggs, stirring well.
- ☐ Pour into piecrust.
- ☐ Bake at 350 for 50 to 55 minutes, shielding edges with aluminum foil after 10 minutes to prevent excessive browning. Cool completely on a wire rack. If desired, garnish with powdered sugar.
- ☐ Coconut Chess Pie: Prepare filling as directed above; stir in 1 cup toasted flaked coconut before pouring into piecrust.
- ☐ Bake as directed above.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:36.65, Inflammation Score:-5, Nutrition Score:7.2426086831838%

Nutrients (% of daily need)

Calories: 622.97kcal (31.15%), Fat: 28.22g (43.41%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 86.86g (28.95%), Net Carbohydrates: 85.27g (31.01%), Sugar: 58.26g (64.73%), Cholesterol: 93.92mg (31.31%), Sodium: 463.1mg (20.13%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 7.15g (14.29%), Selenium: 11.68µg (16.68%), Vitamin B2: 0.24mg (14.04%), Manganese: 0.27mg (13.44%), Vitamin A: 655.37IU (13.11%), Folate: 51.67µg (12.92%), Vitamin B1: 0.18mg (11.78%), Iron: 1.97mg (10.94%), Phosphorus: 105.47mg (10.55%), Vitamin B3: 1.58mg (7.92%), Vitamin B5: 0.66mg (6.58%), Vitamin E: 0.96mg (6.4%), Fiber: 1.59g (6.36%), Vitamin B12: 0.28µg (4.63%), Zinc: 0.68mg (4.56%), Vitamin B6: 0.09mg (4.51%), Vitamin D: 0.58µg (3.89%), Calcium: 38.8mg (3.88%), Magnesium: 15.25mg (3.81%), Vitamin K: 3.99µg (3.8%), Copper: 0.07mg (3.49%), Potassium: 114.1mg (3.26%)