



Coffee-Molasses Shoofly Pie

READY IN



45 min.

SERVINGS



10

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup plus light
- ☐ 1 egg whites beaten to blend
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 4 tablespoons water ()
- ☐ 0.5 teaspoon espresso powder instant
- ☐ 0.3 cup blackstrap molasses light ()

- ☐ 10 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening diced frozen
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 10 servings whipped cream
- ☐ 1 cup water hot

Equipment

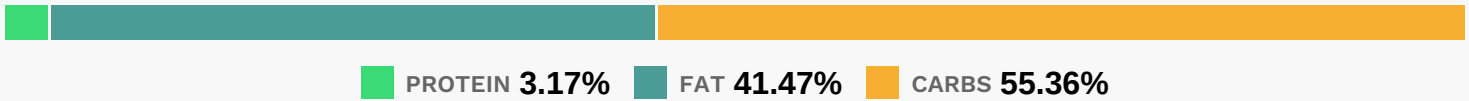
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add shortening and butter. Using on/off turns, blend until coarse meal forms.
- ☐ Add 3 tablespoons ice water; blend briefly.
- ☐ Add more ice water, 1 teaspoon at a time, and blend, using on/off turns, until moist clumps form. Gather dough together; flatten into disk. Wrap in plastic and chill at least 1 hour and up to 1 day.
- ☐ Preheat oven to 400°F.
- ☐ Roll out dough on lightly floured surface to 13-inch round.
- ☐ Transfer dough to 9-inch-diameter glass pie dish. Trim overhang to 3/4 inch. Fold overhang under and crimp edge decoratively. Pierce crust all over with fork. Freeze 10 minutes. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake crust until sides are set, about 25 minutes.
- ☐ Remove foil and beans.

- ☐ Bake crust until beginning to color, pressing with back of fork if crust bubbles, about 10 minutes longer.
- ☐ Remove from oven; brush crust with some of egg white to seal. Reduce oven temperature to 350°F.
- ☐ Mix flour and brown sugar in medium bowl.
- ☐ Add butter; cut in with back of fork until blended and even-size crumbs form.
- ☐ Combine 1 cup hot water and espresso powder in another medium bowl.
- ☐ Add baking soda.
- ☐ Whisk in corn syrup, molasses, vanilla, salt, and cinnamon.
- ☐ Sprinkle crumb mixture over hot crust.
- ☐ Pour in molasses mixture.
- ☐ Bake pie until filling is set in center, about 35 minutes.
- ☐ Transfer pie to rack; cool completely.
- ☐ Sift powdered sugar over pie.
- ☐ Cut into wedges and serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:27.41, Glycemic Load:23.04, Inflammation Score:-4, Nutrition Score:6.7152173402517%

Nutrients (% of daily need)

Calories: 498.9kcal (24.94%), Fat: 23.49g (36.14%), Saturated Fat: 12.04g (75.26%), Carbohydrates: 70.56g (23.52%), Net Carbohydrates: 69.75g (25.36%), Sugar: 59.13g (65.7%), Cholesterol: 53.44mg (17.81%), Sodium: 250.89mg (10.91%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 4.05g (8.09%), Vitamin B2: 0.24mg (14.08%), Calcium: 120.46mg (12.05%), Manganese: 0.23mg (11.69%), Selenium: 8.01µg (11.44%), Vitamin A: 561.57IU (11.23%), Vitamin B1: 0.15mg (9.72%), Phosphorus: 89.22mg (8.92%), Magnesium: 34.71mg (8.68%), Potassium: 292.87mg (8.37%), Folate: 26.75µg (6.69%), Iron: 1.13mg (6.31%), Vitamin E: 0.89mg (5.92%), Vitamin B5: 0.59mg (5.85%), Vitamin B6: 0.1mg (4.94%), Zinc: 0.7mg (4.66%), Vitamin B12: 0.28µg (4.66%), Vitamin B3: 0.93mg (4.65%), Vitamin K: 4.67µg (4.45%), Copper: 0.09mg (4.39%), Fiber: 0.81g (3.25%), Vitamin D: 0.3µg (2.02%)