



## Cream Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 2 eggs beaten
- 1 tablespoon flour all-purpose
- 1 cup heavy whipping cream
- 1 pinch salt
- 1 teaspoon vanilla extract
- 0.7 cup sugar white

### Equipment

bowl

oven

## Directions

Preheat oven to 425 degrees F (220 degrees C).

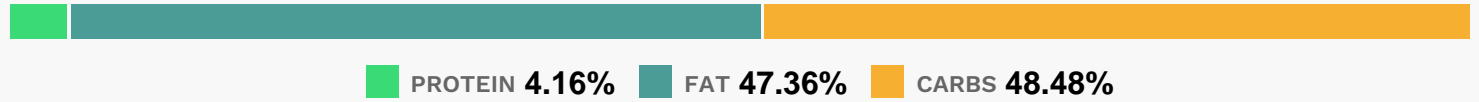
In a large bowl, combine sugars, flour, salt, cream, eggs, and vanilla.

Mix until smooth.

Pour filling into an unbaked pie shell.

Bake for 20 minutes in preheated oven. Lower the temperature to 325 degrees F (165 degrees C), and bake for an additional 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:12.15, Inflammation Score:-3, Nutrition Score:2.5117391260422%

## Nutrients (% of daily need)

Calories: 220.73kcal (11.04%), Fat: 11.85g (18.23%), Saturated Fat: 7.19g (44.93%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 27.27g (9.92%), Sugar: 26.5g (29.44%), Cholesterol: 74.54mg (24.85%), Sodium: 31.29mg (1.36%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 2.34g (4.68%), Vitamin A: 496.73IU (9.93%), Selenium: 4.8µg (6.85%), Vitamin B2: 0.11mg (6.73%), Vitamin D: 0.7µg (4.64%), Phosphorus: 40.44mg (4.04%), Calcium: 33.77mg (3.38%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.39mg (2.6%), Vitamin B12: 0.15µg (2.42%), Folate: 8.17µg (2.04%), Iron: 0.34mg (1.89%), Vitamin B6: 0.03mg (1.67%), Potassium: 57.71mg (1.65%), Zinc: 0.22mg (1.5%), Vitamin B1: 0.02mg (1.18%), Magnesium: 4.49mg (1.12%)