

Custard Pie II



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 4 eggs beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups scalded milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

Equipment

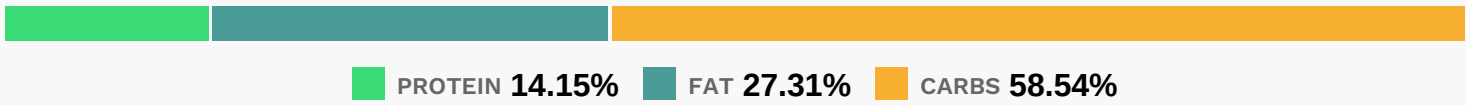
- ☐ oven

☐ knife

Directions

- ☐ Combine eggs, sugar, cinnamon or nutmeg, vanilla, and salt.
- ☐ Add scalded milk a little at a time, so that you do not cook the eggs. When all is blended, pour into a 8 or 9 inch unbaked pie shell.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes or until a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.14, Glycemic Load:12.72, Inflammation Score:-1, Nutrition Score:4.1091304153366%

Nutrients (% of daily need)

Calories: 133.98kcal (6.7%), Fat: 4.1g (6.31%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 19.7g (7.17%), Sugar: 19.71g (21.91%), Cholesterol: 89.16mg (29.72%), Sodium: 199.99mg (8.7%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.78g (9.56%), Selenium: 8.02µg (11.45%), Vitamin B2: 0.19mg (11.08%), Phosphorus: 105.28mg (10.53%), Calcium: 88.91mg (8.89%), Vitamin B12: 0.53µg (8.75%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.57mg (5.65%), Vitamin A: 217.99IU (4.36%), Vitamin B6: 0.07mg (3.75%), Zinc: 0.54mg (3.59%), Potassium: 123.5mg (3.53%), Vitamin B1: 0.04mg (2.87%), Folate: 10.35µg (2.59%), Magnesium: 10.1mg (2.52%), Iron: 0.41mg (2.25%), Vitamin E: 0.26mg (1.76%), Manganese: 0.03mg (1.63%)