



Date Sour Cream Pie

READY IN



50 min.

SERVINGS



8

CALORIES



1289 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 cup dates chopped
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 1 teaspoon ground cinnamon
- ☐ 9 inch pie shell
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup walnuts
- ☐ 6 tablespoons sugar white

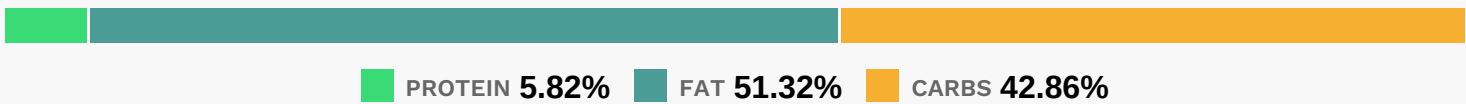
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine sour cream, 3/4 cup sugar, cornstarch, yolks and cinnamon in a heavy saucepan; cook until thick, stirring continuously. Stir in dates, then remove from heat and let stand for 15 minutes, or until dates are softened.
- ☐ Add vanilla and walnuts to mixture; pour into pie shell.
- ☐ To Make Meringue: In a large glass or metal mixing bowl, beat egg whites and cream of tartar until foamy. Gradually add remaining sugar, continuing to beat until whites form stiff peaks.
- ☐ Spread meringue over pie, covering completely.
- ☐ Bake in preheated oven for 10 minutes, or until meringue is lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:12.79, Inflammation Score:-6, Nutrition Score:20.907391473003%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1288.52kcal (64.43%), Fat: 73.7g (113.39%), Saturated Fat: 23.81g (148.83%), Carbohydrates: 138.49g (46.16%), Net Carbohydrates: 130.75g (47.54%), Sugar: 22.45g (24.94%), Cholesterol: 98.34mg (32.78%), Sodium: 956.5mg (41.59%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 18.79g (37.58%), Manganese: 1.35mg

(67.42%), Folate: 181.07µg (45.27%), Vitamin B1: 0.67mg (44.95%), Iron: 6.52mg (36.2%), Vitamin B2: 0.57mg (33.24%), Vitamin B3: 6.45mg (32.24%), Fiber: 7.74g (30.98%), Selenium: 21.51µg (30.72%), Phosphorus: 260.05mg (26.01%), Copper: 0.34mg (17.09%), Vitamin K: 17.89µg (17.04%), Magnesium: 59.36mg (14.84%), Vitamin B5: 1.43mg (14.3%), Potassium: 467.83mg (13.37%), Calcium: 112.82mg (11.28%), Vitamin B6: 0.22mg (11.22%), Zinc: 1.6mg (10.67%), Vitamin E: 1.44mg (9.59%), Vitamin A: 372.29IU (7.45%), Vitamin B12: 0.23µg (3.87%), Vitamin D: 0.36µg (2.43%)