



Egg Custard Pie I

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup sugar white

Equipment

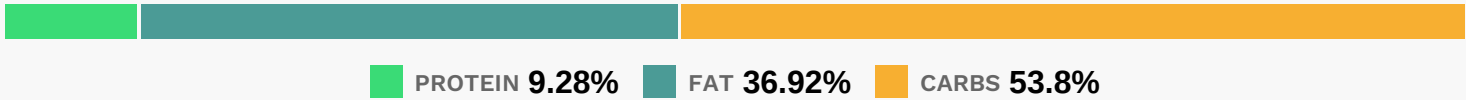
- ☐ blender

☐ pie form

Directions

- ☐ In no specific order, mix all of the ingredients together in a mixer or blender.
- ☐ Butter a pie pan, dust with flour, and add mixture. Cook for 30 minutes at 375 degrees F (190 degrees C) or until golden. Tastes good hot or cold.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:17.97, Inflammation Score:-2, Nutrition Score:4.1630434928381%

Nutrients (% of daily need)

Calories: 225.46kcal (11.27%), Fat: 9.27g (14.26%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 30.37g (11.04%), Sugar: 29.68g (32.97%), Cholesterol: 85.53mg (28.51%), Sodium: 104.62mg (4.55%), Alcohol: 0.56g (100%), Alcohol %: 0.76% (100%), Protein: 5.24g (10.48%), Vitamin B2: 0.23mg (13.43%), Calcium: 126.84mg (12.68%), Phosphorus: 125.08mg (12.51%), Selenium: 6.61µg (9.44%), Vitamin A: 326.31IU (6.53%), Vitamin B5: 0.55mg (5.46%), Potassium: 162.33mg (4.64%), Zinc: 0.57mg (3.8%), Vitamin B12: 0.23µg (3.78%), Folate: 13.18µg (3.29%), Magnesium: 13.13mg (3.28%), Vitamin B6: 0.05mg (2.56%), Vitamin D: 0.37µg (2.5%), Vitamin E: 0.37mg (2.44%), Iron: 0.43mg (2.4%), Vitamin B1: 0.04mg (2.35%), Copper: 0.02mg (1.16%), Vitamin C: 0.84mg (1.02%)