



Egg Custard Pie II



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 2 cups milk
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

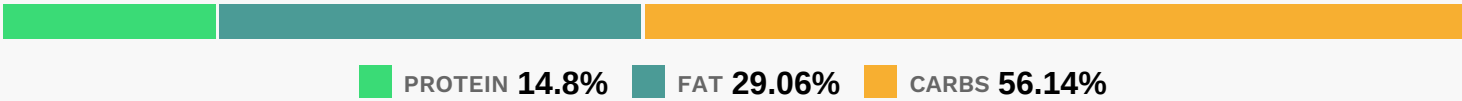
Equipment

- ☐ oven

Directions

- ☐ Mix together eggs, milk, vanilla, sugar, and salt, and pour into pie shell.
- ☐ Bake at 425 degrees F (220 degrees C) for 12-13 minutes, then reduce heat to 325 degrees F (165 degrees C) and bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9.81, Inflammation Score:-1, Nutrition Score:3.5226087142592%

Nutrients (% of daily need)

Calories: 109.76kcal (5.49%), Fat: 3.56g (5.48%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 15.48g (5.63%), Sugar: 15.53g (17.26%), Cholesterol: 68.7mg (22.9%), Sodium: 51.62mg (2.24%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.08g (8.16%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 94.31mg (9.43%), Selenium: 6.3µg (9%), Calcium: 84.45mg (8.45%), Vitamin B12: 0.48µg (7.94%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.48mg (4.81%), Vitamin A: 187.92IU (3.76%), Potassium: 115.26mg (3.29%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.46mg (3.1%), Vitamin B1: 0.04mg (2.72%), Magnesium: 9.36mg (2.34%), Folate: 7.76µg (1.94%), Iron: 0.3mg (1.64%), Vitamin E: 0.2mg (1.36%)