

Egg Custard Pie III

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

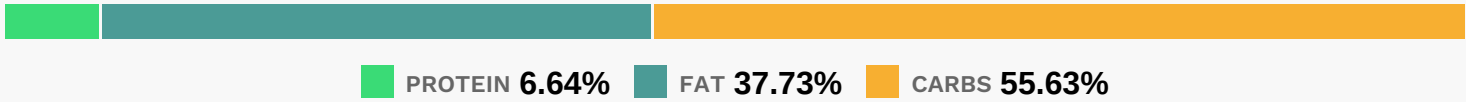
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Bake pie shell at 400 degrees F (205 degrees C) for 5 minutes. Set aside.
- ☐ Combine melted butter or margarine, sugar, flour, milk, vanilla, and nutmeg.
- ☐ Add beaten eggs, and blend well.
- ☐ Pour filling into partially baked pie shell.
- ☐ Bake at 325 degrees F (165 degrees C) for 45 to 55 minutes, or until an inserted knife comes out clean. Do not overcook.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:19.06, Inflammation Score:-2, Nutrition Score:3.1004347619803%

Nutrients (% of daily need)

Calories: 197.93kcal (9.9%), Fat: 8.44g (12.99%), Saturated Fat: 4.77g (29.78%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 27.93g (10.16%), Sugar: 26.59g (29.54%), Cholesterol: 80.29mg (26.76%), Sodium: 80.99mg (3.52%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 3.34g (6.68%), Selenium: 6.5µg (9.29%), Vitamin B2: 0.13mg (7.91%), Phosphorus: 67.5mg (6.75%), Vitamin A: 315.91IU (6.32%), Vitamin B12: 0.32µg (5.39%), Calcium: 49.27mg (4.93%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.38mg (3.83%), Folate: 11.49µg (2.87%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.05mg (2.4%), Vitamin E: 0.35mg (2.36%), Iron: 0.39mg (2.19%), Potassium: 73.91mg (2.11%), Magnesium: 6.48mg (1.62%), Manganese: 0.02mg (1.22%)