

Egg Custard Pie IV

READY IN



45 min.

SERVINGS



10

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 1.3 cups milk
- ☐ 17-inch unbaked pie crust
- ☐ 2 tablespoons sugar white

Equipment

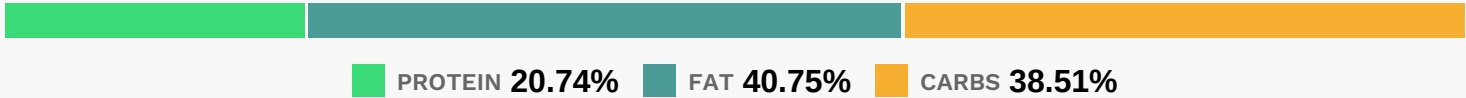
- ☐ sauce pan
- ☐ oven
- ☐ whisk

☐ mixing bowl

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a medium mixing bowl whisk together eggs and sugar.
- ☐ Pour milk into a small saucepan and place over low heat until warm.
- ☐ Pour milk over egg mixture slowly, whisking constantly. Stir in nutmeg, if desired, then pour into pie shell.
- ☐ Bake for 10 minutes at 425 degrees F (220 degrees C) for 10 minutes. Reduce heat to 350 degrees F (175 degrees C). Cook 20 minutes longer, or until custard is just set. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:2.22, Inflammation Score:-1, Nutrition Score:1.8095652176796%

Nutrients (% of daily need)

Calories: 40.58kcal (2.03%), Fat: 1.85g (2.84%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.92g (1.43%), Sugar: 3.89g (4.33%), Cholesterol: 36.4mg (12.13%), Sodium: 24.52mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin B2: 0.08mg (4.88%), Phosphorus: 48.3mg (4.83%), Selenium: 3.3µg (4.72%), Calcium: 42.49mg (4.25%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.51µg (3.41%), Vitamin B5: 0.25mg (2.49%), Vitamin A: 96.93IU (1.94%), Vitamin B6: 0.03mg (1.68%), Potassium: 58.04mg (1.66%), Zinc: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.39%), Magnesium: 4.73mg (1.18%), Folate: 4.21µg (1.05%)