

## Elva's Custard Pie

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

DESSERT

### Ingredients

- ☐ 6 eggs
- ☐ 2 cups milk
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 pinch salt
- ☐ 19-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

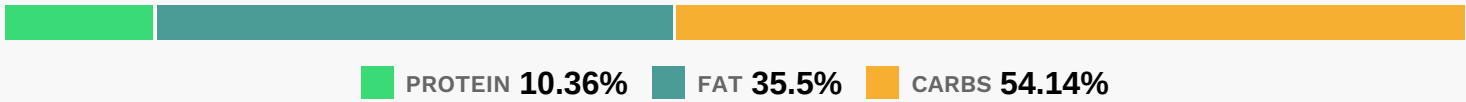
### Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Preheat oven to 475 degrees F (245 degrees C.)
- ☐ In a large bowl, beat eggs and sugar. Beat in vanilla, salt and nutmeg. Stir in milk.
- ☐ Pour into crust.
- ☐ Bake in the preheated oven for 10 minutes. Reduce temperature to 350 degrees F (175 degrees C) and bake for 25 to 35 minutes, or until crust is golden brown and filling is set.

## Nutrition Facts



## Properties

Glycemic Index:22.26, Glycemic Load:18.56, Inflammation Score:-2, Nutrition Score:6.7426086405049%

## Nutrients (% of daily need)

Calories: 296.39kcal (14.82%), Fat: 11.73g (18.05%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 39.62g (14.41%), Sugar: 28.11g (31.23%), Cholesterol: 130.08mg (43.36%), Sodium: 177.45mg (7.72%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7.71g (15.41%), Selenium: 12.87µg (18.38%), Vitamin B2: 0.28mg (16.63%), Phosphorus: 145.25mg (14.52%), Vitamin B12: 0.62µg (10.39%), Calcium: 98.8mg (9.88%), Vitamin D: 1.33µg (8.87%), Vitamin B5: 0.83mg (8.35%), Folate: 33.1µg (8.28%), Vitamin B1: 0.12mg (7.77%), Iron: 1.24mg (6.91%), Manganese: 0.13mg (6.4%), Vitamin A: 277.4IU (5.55%), Vitamin B6: 0.11mg (5.31%), Zinc: 0.79mg (5.29%), Potassium: 162.97mg (4.66%), Vitamin B3: 0.77mg (3.84%), Magnesium: 15.32mg (3.83%), Vitamin E: 0.49mg (3.28%), Fiber: 0.65g (2.6%), Copper: 0.05mg (2.33%), Vitamin K: 2.11µg (2.01%)