



Espresso Sugar Cream Pie

READY IN



180 min.

SERVINGS



8

CALORIES



469 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 tablespoon butter melted
- 0.3 cup flour all-purpose
- 2 cups heavy cream
- 1 tablespoon espresso powder instant
- 19-inch unbaked pie crust ()
- 1 cup chocolate whipped cream (such as Chocolate Reddi-wip®)

Equipment

oven

whisk

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Brush the inside of the unbaked pie crust with the melted butter; set aside.

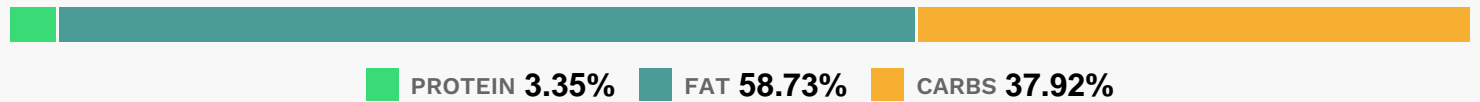
Whisk together the cream, brown sugar, flour, and espresso powder until well blended.

Pour into the prepared pie crust.

Bake in the preheated oven until set, about 50 minutes.

Remove from the oven; cool completely on a rack. Generously pipe the edge of the pie with chocolate whipped cream.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.67, Inflammation Score:-5, Nutrition Score:5.4465217564417%

Nutrients (% of daily need)

Calories: 469.3kcal (23.46%), Fat: 31.12g (47.88%), Saturated Fat: 17.67g (110.43%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 44.48g (16.18%), Sugar: 29.02g (32.25%), Cholesterol: 76.7mg (25.57%), Sodium: 138.18mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.63mg (6.54%), Protein: 4g (7.99%), Vitamin A: 970.01IU (19.4%), Vitamin B2: 0.18mg (10.56%), Manganese: 0.17mg (8.31%), Calcium: 76.31mg (7.63%), Vitamin B1: 0.11mg (7.62%), Selenium: 5.07µg (7.24%), Folate: 27.58µg (6.9%), Phosphorus: 66.82mg (6.68%), Vitamin D: 0.98µg (6.55%), Iron: 1.12mg (6.21%), Vitamin B3: 1.16mg (5.78%), Vitamin E: 0.75mg (5.02%), Potassium: 155.1mg (4.43%), Vitamin K: 4.02µg (3.83%), Magnesium: 14.15mg (3.54%), Vitamin B5: 0.33mg (3.32%), Fiber: 0.73g (2.92%), Vitamin B6: 0.05mg (2.48%), Copper: 0.05mg (2.27%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.12µg (2%)