

Pear Custard Pie

READY IN



65 min.

SERVINGS



8

CALORIES



458 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 cup heavy whipping cream divided
- 1 teaspoon lemon zest grated
- 2.5 pounds pears ripe cubed peeled
- 1 pie crust dough (9 inches)

- 1 cup sugar
- 1 teaspoon vanilla extract

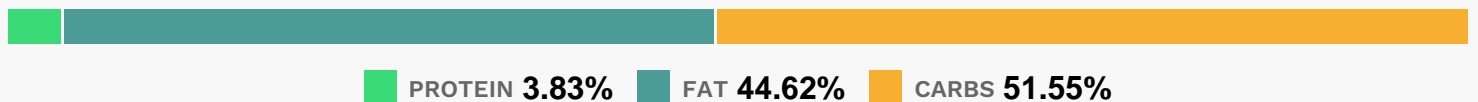
Equipment

- bowl
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Line unpricked pastry shell with a double thickness of heavy-duty foil.
- Bake at 450° for 8 minutes.
- Remove the foil; bake 3 minutes longer. Reduce heat to 350°.
- Place pears in pastry shell. In a bowl, combine sugar, flour and nutmeg.
- Whisk in eggs, 1/4 cup cream, butter, lemon peel and vanilla.
- Pour over pears.
- Cover edges loosely with foil. bake for 50 minutes or until filling is just set (mixture will jiggle). Cool on a wire rack for 1 hour. Cover and refrigerate until serving. In a bowl, whip the remaining cream with cinnamon.
- Serve with pie.

Nutrition Facts



Properties

Glycemic Index:38.36, Glycemic Load:25.93, Inflammation Score:-5, Nutrition Score:7.3717391594597%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin:

0.84mg, Epigallocatechin: 0.84mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 458.16kcal (22.91%), Fat: 23.42g (36.03%), Saturated Fat: 12.62g (78.88%), Carbohydrates: 60.87g (20.29%), Net Carbohydrates: 55.77g (20.28%), Sugar: 39.79g (44.21%), Cholesterol: 89.79mg (29.93%), Sodium: 158mg (6.87%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 4.52g (9.05%), Fiber: 5.1g (20.41%), Vitamin A: 710.02IU (14.2%), Vitamin B2: 0.21mg (12.14%), Manganese: 0.21mg (10.34%), Selenium: 7.17µg (10.25%), Folate: 38.6µg (9.65%), Vitamin K: 9.3µg (8.86%), Vitamin C: 6.6mg (8%), Vitamin B1: 0.12mg (7.82%), Phosphorus: 77.5mg (7.75%), Copper: 0.15mg (7.61%), Iron: 1.23mg (6.86%), Potassium: 236.49mg (6.76%), Vitamin E: 0.83mg (5.51%), Vitamin B3: 1.07mg (5.34%), Vitamin D: 0.7µg (4.64%), Calcium: 46.26mg (4.63%), Magnesium: 17.76mg (4.44%), Vitamin B5: 0.43mg (4.26%), Vitamin B6: 0.08mg (4.18%), Zinc: 0.49mg (3.27%), Vitamin B12: 0.16µg (2.63%)