



Fourth of July Buttermilk Pie

 Popular

READY IN



70 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 1 cup sugar white
- ☐ 1 teaspoon lemon zest
- ☐ 1 Tbsp flour
- ☐ 0.3 cup butter melted (half a stick)
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 9-inch unbaked pie crust

- ☐ 1 cup heavy whipping cream cold
- ☐ 20 raspberries halved (or half as many strawberries,)
- ☐ 1 handful blueberries

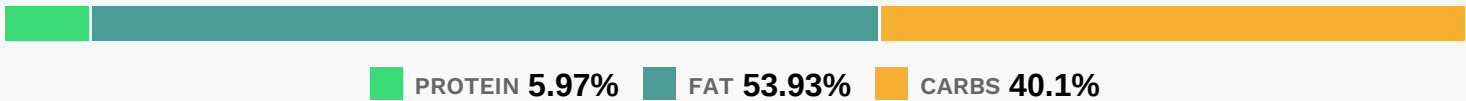
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 325°F.
- ☐ Beat eggs, sugar, zest. Then flour and butter. Then vanilla and buttermilk: In a mixing bowl, beat the eggs, then beat in the sugar and lemon zest until well combined. Beat in the flour and melted butter. Beat in the vanilla and buttermilk.
- ☐ Fill pie shell and bake:
- ☐ Pour filling batter into an uncooked pie shell (frozen is fine).
- ☐ Bake at 325°F for approximately 50 minutes, or until the center of the custard has just set (can still be a little wiggly).
- ☐ Remove from oven and let cool. The custard may puff up a bit in the oven; it will deflate as it cools.
- ☐ Top with whipped cream and berries: Whip the chilled cream until it holds stiff peaks. Once the pie has cooled to room temperature, spread the whipping cream over the top of the pie.
- ☐ Arrange the raspberries and blueberries in a decorative pattern on top of the whipping cream.
- ☐ Serve immediately or chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:38.26, Glycemic Load:19.56, Inflammation Score:-5, Nutrition Score:8.483913069186%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.41mg, Delphinidin: 3.41mg, Delphinidin: 3.41mg, Delphinidin: 3.41mg Malvidin: 6.34mg, Malvidin: 6.34mg, Malvidin: 6.34mg, Malvidin: 6.34mg Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 432.49kcal (21.62%), Fat: 26.31g (40.47%), Saturated Fat: 13.8g (86.22%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 42.51g (15.46%), Sugar: 29.85g (33.16%), Cholesterol: 134.01mg (44.67%), Sodium: 219.36mg (9.54%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 6.55g (13.1%), Vitamin C: 19.05mg (23.09%), Vitamin B2: 0.27mg (16.09%), Vitamin A: 791.94IU (15.84%), Selenium: 10.85µg (15.5%), Manganese: 0.27mg (13.7%), Phosphorus: 115.42mg (11.54%), Folate: 40.25µg (10.06%), Vitamin D: 1.31µg (8.71%), Calcium: 79.05mg (7.91%), Vitamin B1: 0.12mg (7.75%), Iron: 1.28mg (7.13%), Vitamin B5: 0.69mg (6.9%), Vitamin B12: 0.39µg (6.56%), Vitamin E: 0.95mg (6.31%), Fiber: 1.5g (6.01%), Vitamin K: 5.9µg (5.62%), Potassium: 180.84mg (5.17%), Vitamin B3: 0.95mg (4.77%), Vitamin B6: 0.09mg (4.56%), Zinc: 0.66mg (4.37%), Magnesium: 16.38mg (4.1%), Copper: 0.07mg (3.44%)