



Grandma's Egg Custard Pie

READY IN



50 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1 egg white
- ☐ 3 eggs beaten
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2.5 cups scalded milk
- ☐ 0.3 teaspoon salt
- ☐ 19-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

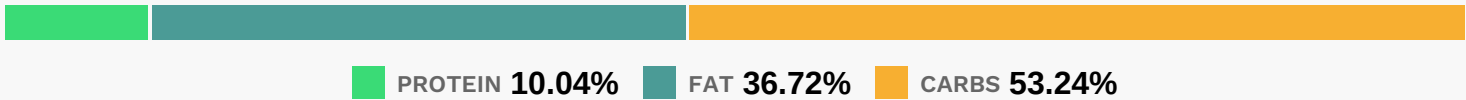
Equipment

- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Mix together eggs, sugar, salt, and vanilla. Stir well. Blend in the scalded milk. For more yellow color, add few drops yellow food coloring.
- ☐ Line pie pan with pastry, and brush inside bottom and sides of shell with egg white to help prevent a soggy crust.
- ☐ Pour custard mixture into piecrust.
- ☐ Sprinkle with nutmeg.
- ☐ Bake for 30 to 35 minutes, or until a knife inserted near center comes out clean. Cool on rack.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:14.46, Inflammation Score:-2, Nutrition Score:5.8186956695888%

Nutrients (% of daily need)

Calories: 259.5kcal (12.98%), Fat: 10.62g (16.33%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 33.99g (12.36%), Sugar: 22.55g (25.05%), Cholesterol: 70.53mg (23.51%), Sodium: 233.79mg (10.16%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 6.53g (13.07%), Vitamin B2: 0.24mg (14.33%), Phosphorus: 128.41mg (12.84%), Selenium: 8.8µg (12.58%), Calcium: 108.44mg (10.84%), Vitamin B12: 0.56µg (9.37%), Vitamin B1: 0.12mg (7.9%), Vitamin D: 1.17µg (7.79%), Vitamin B5: 0.65mg (6.46%), Folate: 25.45µg (6.36%), Manganese: 0.12mg (6.12%), Iron: 0.95mg (5.3%), Potassium: 168.86mg (4.82%), Vitamin B6: 0.09mg (4.37%), Zinc: 0.64mg (4.29%), Vitamin A: 212.94IU (4.26%), Magnesium: 15.47mg (3.87%), Vitamin B3: 0.77mg (3.87%), Fiber: 0.64g (2.55%), Vitamin E: 0.33mg (2.18%), Vitamin K: 2.1µg (2%), Copper: 0.03mg (1.73%)