



Impossible Buttermilk Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 0.5 cup baking mix
- ☐ 0.3 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 3 eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

Equipment

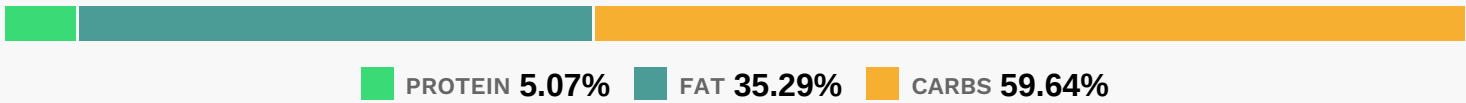
- ☐ oven

☐ knife

Directions

- ☐ Heat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie plate.
- ☐ Beat together white sugar, buttermilk, baking mix, melted butter or margarine, vanilla, and eggs until smooth.
- ☐ Pour filling into pie plate.
- ☐ Bake until knife inserted in center comes out clean, about 30 minutes. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:26.64, Inflammation Score:-2, Nutrition Score:3.8969565382956%

Nutrients (% of daily need)

Calories: 287.93kcal (14.4%), Fat: 11.51g (17.7%), Saturated Fat: 6.25g (39.03%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 43.59g (15.85%), Sugar: 39.89g (44.33%), Cholesterol: 85.17mg (28.39%), Sodium: 211.87mg (9.21%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 3.72g (7.45%), Phosphorus: 104.35mg (10.43%), Selenium: 7.06µg (10.08%), Vitamin B2: 0.17mg (10.04%), Vitamin A: 375.26IU (7.51%), Calcium: 59.87mg (5.99%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.72µg (4.8%), Folate: 18.91µg (4.73%), Vitamin B5: 0.44mg (4.44%), Vitamin B1: 0.06mg (4.29%), Iron: 0.53mg (2.93%), Vitamin E: 0.42mg (2.82%), Zinc: 0.38mg (2.56%), Potassium: 79.25mg (2.26%), Vitamin B6: 0.05mg (2.25%), Vitamin B3: 0.39mg (1.93%), Magnesium: 7.1mg (1.78%), Manganese: 0.03mg (1.7%), Copper: 0.03mg (1.7%), Vitamin K: 1.29µg (1.23%)