



Lemon-Buttermilk Chess Pie

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3.5 tablespoons ice water
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind
- ☐ 1 cup buttermilk low-fat
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup stick margarine chilled cut into small pieces
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

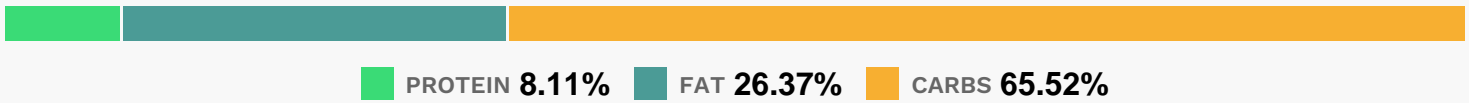
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour, 2 tablespoons sugar, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball).
- ☐ Press mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, to a 12-inch circle. Freeze 10 minutes or until plastic wrap can be easily removed.
- ☐ Remove 1 sheet of plastic wrap; fit dough into a 9-inch pie plate coated with cooking spray.
- ☐ Remove top sheet of plastic wrap. Fold edges under; flute. Line dough with a piece of foil; arrange pie weights (or dried beans) on foil.

- ☐ Bake at 425 for 10 minutes or until edge is lightly browned.
- ☐ Remove pie weights and foil; reduce oven temperature to 35
- ☐ Bake crust an additional 5 minutes; cool on a wire rack.
- ☐ To prepare filling, combine 1 cup sugar and next 6 ingredients (1 cup sugar through egg whites) in a bowl; stir with a whisk until well-blended. Gradually stir in buttermilk.
- ☐ Pour into prepared crust.
- ☐ Bake at 350 for 40 minutes or until set, shielding crust with foil after 30 minutes, if necessary. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:29.21, Inflammation Score:-3, Nutrition Score:5.1199999782054%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 261.32kcal (13.07%), Fat: 7.75g (11.92%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 42.76g (15.55%), Sugar: 29.71g (33.01%), Cholesterol: 47.7mg (15.9%), Sodium: 182.97mg (7.96%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.36g (10.72%), Selenium: 12.2µg (17.42%), Vitamin B2: 0.24mg (13.85%), Vitamin B1: 0.15mg (10.33%), Folate: 40.62µg (10.15%), Phosphorus: 73.68mg (7.37%), Vitamin A: 346.54IU (6.93%), Manganese: 0.13mg (6.36%), Iron: 1.07mg (5.97%), Vitamin B3: 1.08mg (5.39%), Calcium: 48.67mg (4.87%), Vitamin B5: 0.38mg (3.79%), Vitamin B12: 0.19µg (3.2%), Potassium: 103.8mg (2.97%), Vitamin C: 2.41mg (2.92%), Zinc: 0.42mg (2.8%), Vitamin E: 0.39mg (2.62%), Magnesium: 10.21mg (2.55%), Copper: 0.04mg (2.19%), Fiber: 0.54g (2.15%), Vitamin B6: 0.04mg (2.15%), Vitamin D: 0.25µg (1.67%)