



Lemon Buttermilk Pie

READY IN



45 min.

SERVINGS



8

CALORIES



559 kcal

DESSERT

Ingredients

- 1.5 cups buttermilk
- 1 tablespoon powdered sugar
- 6 large eggs
- 2 cups flour
- 3 tablespoons flour
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon zest
- 0.3 teaspoon nutmeg
- 1 teaspoon salt

- 0.7 cup shortening chilled
- 1.5 cups sugar
- 4 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- whisk
- blender
- aluminum foil

Directions

- Preheat oven to 375F.
- Combine 2 cups flour, 1 Tbsp. confectioners' sugar and 1 tsp. salt in a bowl.
- Cut in 2/3 cup chilled shortening with a pastry blender until mixture resembles sand and pebbles.
- Add 3 to 4 Tbsp. cold water; mix lightly. Pat into a disk, wrap in plastic and chill for 10 minutes.
- Roll out dough on a lightly floured surface; press into a 9-inch pie plate. Pierce crust with a fork in several places.
- Place foil over crust and fill with dried beans.
- Bake for 10 minutes.
- Remove foil and beans; bake for 10 minutes more.
- Remove crust and let cool. Set oven to 350F.
- Whisk 1 1/2 cups sugar, 3 Tbsp. flour, 2 tsp. lemon zest and 1/4 tsp. nutmeg.
- Add 6 large eggs; beat until combined.
- Whisk in 4 Tbsp. melted unsalted butter, 1 tsp. vanilla extract, 1/4 cup fresh lemon juice and 1 1/2 cups buttermilk; pour into crust.
- Bake until filling is set but still a little jiggly in center, 25 to 35 minutes.

Nutrition Facts

PROTEIN 6.94% FAT 45.18% CARBS 47.88%

Properties

Glycemic Index:40.14, Glycemic Load:45.68, Inflammation Score:-4, Nutrition Score:11.027391392252%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 558.66kcal (27.93%), Fat: 28.31g (43.56%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 67.51g (22.5%), Net Carbohydrates: 66.5g (24.18%), Sugar: 41.13g (45.7%), Cholesterol: 159.5mg (53.17%), Sodium: 393.88mg (17.13%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 9.79g (19.57%), Selenium: 25.04µg (35.77%), Vitamin B2: 0.43mg (25.22%), Folate: 84.06µg (21.01%), Vitamin B1: 0.31mg (20.65%), Phosphorus: 151.8mg (15.18%), Iron: 2.3mg (12.77%), Manganese: 0.25mg (12.55%), Vitamin E: 1.67mg (11.12%), Vitamin B3: 2.09mg (10.47%), Vitamin B5: 1.03mg (10.31%), Vitamin D: 1.44µg (9.6%), Vitamin K: 9.93µg (9.46%), Vitamin B12: 0.55µg (9.21%), Vitamin A: 452.45IU (9.05%), Calcium: 81.57mg (8.16%), Zinc: 0.91mg (6.07%), Vitamin B6: 0.1mg (5%), Copper: 0.09mg (4.7%), Potassium: 161.07mg (4.6%), Vitamin C: 3.6mg (4.36%), Magnesium: 17.35mg (4.34%), Fiber: 1.01g (4.03%)