



Lemon Chess Pie with Blackberry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

DESSERT

Ingredients

- ☐ 8 servings blackberries
- ☐ 6 tablespoons buttermilk well-shaken
- ☐ 0.3 cup coconut flakes unsweetened
- ☐ 6 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2.5 tablespoons water
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 4 teaspoons lemon zest fresh finely grated

- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.5 cup butter unsalted melted
- ☐ 5 tablespoons butter unsalted cold cut into pieces ()
- ☐ 3 tablespoons cornmeal yellow

Equipment

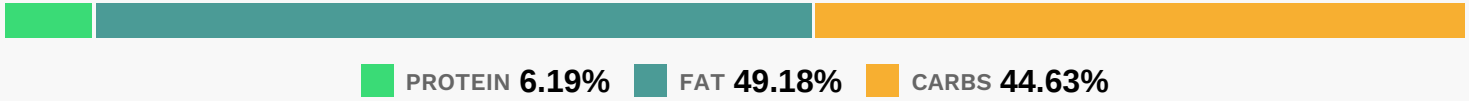
- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Pulse flour, coconut, sugar, and salt in a food processor several times to mix.
- ☐ Add butter and pulse until most of mixture resembles coarse meal, with remainder in pea-size lumps.
- ☐ Add water and pulse just until mixture forms a dough. (Do not overmix or pastry will be tough.)
- ☐ Flatten dough into a disk, then chill, covered in plastic wrap, 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Roll out dough on a lightly floured surface into a 12-inch round, then fit into a 9-inch pie plate. Crimp edge and prick bottom and sides all over.
- ☐ Line shell with foil and fill with pie weights.
- ☐ Bake in middle of oven 15 minutes, then carefully remove foil and weights and bake shell until pale golden, 5 to 10 minutes more.
- ☐ Transfer shell to a rack to cool 5 minutes.
- ☐ Reduce temperature to 325°F.
- ☐ Whisk together eggs, sugar, and salt until well blended.

- ☐
- Whisk in buttermilk, cornmeal, zest, juice, and nutmeg. Gradually whisk in butter until smooth.
- ☐
- Pour filling into pie shell. Cover edge of pie crust with foil to prevent overbrowning .
- ☐
- Bake until custard is just set, about 40 minutes.
- ☐
- Transfer pie to rack to cool completely.
- ☐
- Pie tastes best the day it is made.

Nutrition Facts



Properties

Glycemic Index:42.45, Glycemic Load:34.49, Inflammation Score:-5, Nutrition Score:8.0752173869506%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 453.9kcal (22.69%), Fat: 25.36g (39.02%), Saturated Fat: 15.29g (95.57%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 50.33g (18.3%), Sugar: 38.89g (43.21%), Cholesterol: 190.05mg (63.35%), Sodium: 106.43mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Selenium: 17.26µg (24.66%), Vitamin B2: 0.27mg (16.08%), Vitamin A: 797.71IU (15.95%), Phosphorus: 119.21mg (11.92%), Manganese: 0.23mg (11.3%), Folate: 44.64µg (11.16%), Vitamin B1: 0.13mg (8.72%), Vitamin D: 1.24µg (8.27%), Iron: 1.48mg (8.24%), Vitamin B5: 0.77mg (7.66%), Vitamin C: 5.91mg (7.16%), Vitamin B12: 0.42µg (7.07%), Vitamin E: 1mg (6.68%), Fiber: 1.46g (5.86%), Vitamin B6: 0.11mg (5.69%), Zinc: 0.84mg (5.58%), Copper: 0.1mg (4.83%), Calcium: 45.42mg (4.54%), Vitamin B3: 0.88mg (4.38%), Magnesium: 17.16mg (4.29%), Potassium: 132.29mg (3.78%), Vitamin K: 2µg (1.91%)