



Lemon Custard Mincemeat Pie

READY IN



45 min.

SERVINGS



12

CALORIES



1069 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 5 oz optional: lemon rinsed
- ☐ 1 cup milk
- ☐ 29 oz mincemeat prepared
- ☐ 10 inch pie pastry for single-crust pie
- ☐ 0.7 cup sugar

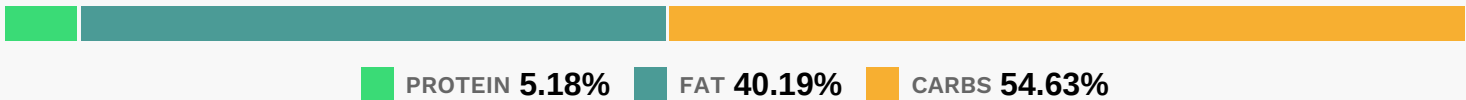
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pizza pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Spread mincemeat evenly over bottom of unbaked 10-inch pastry in pan. Set pan in a foil-lined 12-inch pizza pan or 10- by 15-inch baking pan.
- ☐ Grate 1 tablespoon of peel (yellow part only) from the lemon. Ream 3 tablespoons juice.
- ☐ In a bowl, mix sugar and flour.
- ☐ Whisk in milk, butter, eggs, lemon peel, and lemon juice. Carefully pour mixture over mincemeat.
- ☐ Bake in a 375 oven until custard barely jiggles when pan is gently shaken, 45 to 55 minutes (35 to 45 minutes in a convection oven). If pie browns too quickly (check after 15 minutes), cover loosely with foil.
- ☐ Let cool on a rack, uncovered, about 2 hours.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:9, Inflammation Score:-5, Nutrition Score:13.686521571615%

Flavonoids

Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1068.61kcal (53.43%), Fat: 47.79g (73.53%), Saturated Fat: 14.83g (92.68%), Carbohydrates: 146.17g (48.72%), Net Carbohydrates: 140.06g (50.93%), Sugar: 58.57g (65.08%), Cholesterol: 33.44mg (11.15%), Sodium: 1116.9mg (48.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Manganese: 0.75mg (37.62%), Vitamin B1: 0.49mg (32.53%), Folate: 124.21µg (31.05%), Iron: 4.61mg (25.63%), Fiber: 6.11g (24.43%), Vitamin B3: 4.61mg (23.07%), Vitamin B2: 0.36mg (21.26%), Selenium: 12.98µg (18.55%), Phosphorus: 161.08mg (16.11%), Vitamin K: 12.26µg (11.67%), Vitamin B5: 0.91mg (9.09%), Vitamin C: 6.27mg (7.6%), Magnesium: 29.76mg (7.44%), Copper: 0.14mg (6.91%), Vitamin E: 0.99mg (6.61%), Calcium: 65.76mg (6.58%), Zinc: 0.96mg (6.39%), Potassium: 223mg (6.37%), Vitamin B6: 0.12mg (6.01%), Vitamin A: 207.4IU (4.15%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.39µg (2.6%)