



Mae Dawson's Hoosier Sugar Cream Pie

READY IN



230 min.

SERVINGS



8

CALORIES



1326 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 pinch nutmeg
- ☐ 1.3 cups sugar
- ☐ 9 inch unbaked pie shell
- ☐ 1 cup whipping cream

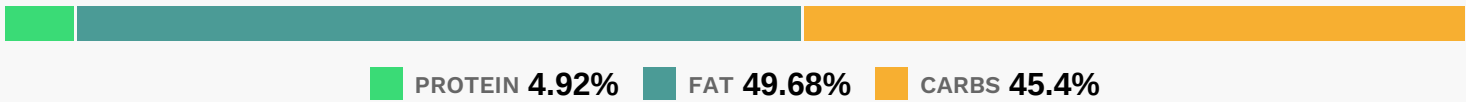
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Combine sugar, flour, cream, and milk in a mixing bowl.
- ☐ Pour into pie shell. Dot butter bits all around top of pie.
- ☐ Sprinkle with nutmeg.
- ☐ Bake for approximately 10 minutes, and then reduce the heat to 350 degrees F and cook for approximately 30 more minutes. Cool to room temperature and then refrigerate until chilled.
- ☐ Serve chilled.
- ☐ Cook's Note: If using a glass baking dish, lower oven temperature by 25 degrees F.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:28.02, Inflammation Score:-7, Nutrition Score:18.207826156979%

Nutrients (% of daily need)

Calories: 1325.65kcal (66.28%), Fat: 73.2g (112.61%), Saturated Fat: 27.47g (171.68%), Carbohydrates: 150.53g (50.18%), Net Carbohydrates: 144.67g (52.61%), Sugar: 35.29g (39.22%), Cholesterol: 43.89mg (14.63%), Sodium: 959.99mg (41.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Manganese: 1.05mg (52.7%), Vitamin B1: 0.7mg (46.63%), Folate: 173.19µg (43.3%), Iron: 6.26mg (34.8%), Vitamin B3: 6.58mg (32.91%), Vitamin B2: 0.52mg (30.36%), Selenium: 17.04µg (24.34%), Fiber: 5.86g (23.45%), Phosphorus: 211.9mg (21.19%), Vitamin K: 17.71µg (16.87%), Vitamin A: 564.22IU (11.28%), Vitamin B5: 1.11mg (11.11%), Magnesium: 40.6mg (10.15%), Vitamin E: 1.41mg (9.37%), Copper: 0.19mg (9.36%), Calcium: 93.1mg (9.31%), Potassium: 291.13mg (8.32%), Zinc: 1.24mg (8.28%), Vitamin B6: 0.14mg (7.03%), Vitamin D: 0.73µg (4.85%), Vitamin B12: 0.18µg (2.95%)