



Maple Buttermilk Pie

READY IN



300 min.

SERVINGS



6

CALORIES



1671 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk well-shaken
- ☐ 6 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings accompaniment: lightly whipped cream sweetened
- ☐ 3 tablespoons maple sugar
- ☐ 0.7 cup grade b maple syrup
- ☐ 9 inch baked pie shell
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

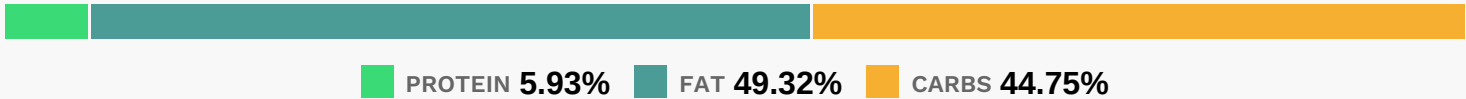
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325°F. Put pie shell (in pie plate) in a shallow baking pan.
- ☐ Whisk together remaining ingredients in a bowl until just combined and pour three fourths of custard into shell. Carefully put pan in middle of oven and pour in remaining custard with a cup.
- ☐ Bake until just set in center, about 55 minutes, then transfer pie to a rack to cool slightly.
- ☐ Serve warm or at room temperature.
- ☐ Pie can be made 4 to 6 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:17.12, Inflammation Score:-7, Nutrition Score:29.941738972845%

Nutrients (% of daily need)

Calories: 1670.74kcal (83.54%), Fat: 90.98g (139.97%), Saturated Fat: 31.08g (194.26%), Carbohydrates: 185.71g (61.9%), Net Carbohydrates: 178.07g (64.75%), Sugar: 32.89g (36.54%), Cholesterol: 212.95mg (70.98%), Sodium: 1425.95mg (62%), Alcohol: 0.23g (100%), Alcohol %: 0.06% (100%), Protein: 24.6g (49.19%), Manganese: 2.53mg (126.28%), Vitamin B2: 1.22mg (71.71%), Vitamin B1: 0.96mg (63.85%), Folate: 248.35µg (62.09%), Iron: 8.69mg (48.28%), Selenium: 31.41µg (44.86%), Vitamin B3: 8.52mg (42.59%), Phosphorus: 356.19mg (35.62%), Fiber: 7.64g (30.56%), Calcium: 228mg (22.8%), Vitamin K: 22.27µg (21.21%), Vitamin B5: 2.05mg (20.54%), Zinc: 2.78mg (18.54%), Magnesium: 64mg (16%), Potassium: 524.87mg (15%), Copper: 0.27mg (13.67%), Vitamin D: 1.96µg (13.05%), Vitamin E: 1.88mg (12.52%), Vitamin B6: 0.24mg (12.05%), Vitamin A: 597.64IU (11.95%), Vitamin B12: 0.7µg (11.66%)