

Maple Syrup Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 2 large eggs at room temperature
- ☐ 0.5 cup heavy whipping cream
- ☐ 1.5 cups brown sugar light packed
- ☐ 0.3 cup maple syrup dark pure (preferably amber)
- ☐ 8 servings pastry crust
- ☐ 2 teaspoons butter unsalted melted
- ☐ 8 servings crème fraîche unsweetened

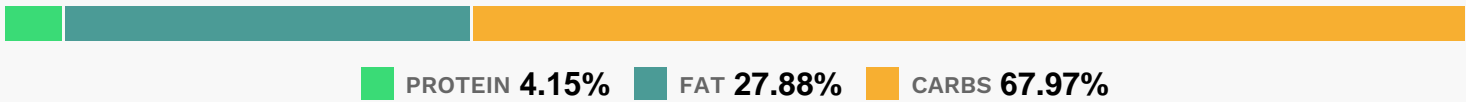
Equipment

- ☐ oven
- ☐ whisk
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Roll out dough into an 11-inch round on a lightly floured surface with a floured rolling pin and fit into an 8-inch (3-cup) glass pie plate. Trim excess dough and crimp edges decoratively.
- ☐ Whisk together brown sugar and eggs until creamy.
- ☐ Add cream, syrup, and butter, then whisk until smooth.
- ☐ Pour filling into pie shell.
- ☐ Bake pie in lower third of oven until pastry is golden and filling is puffed and looks dry but still trembles, 50 to 60 minutes. Cool on a rack to room temperature (filling will set as pie cools).
- ☐ • If you don't have an 8-inch pie plate, substitute a 9-inch tart pan and prebake crust before baking with filling.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:6.96, Inflammation Score:-3, Nutrition Score:5.778695717454%

Nutrients (% of daily need)

Calories: 350.96kcal (17.55%), Fat: 11.04g (16.99%), Saturated Fat: 5.95g (37.16%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 60.21g (21.89%), Sugar: 48.98g (54.42%), Cholesterol: 73.08mg (24.36%), Sodium: 130.15mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.43mg (21.52%), Vitamin B2: 0.34mg (20.05%), Selenium: 9.66µg (13.8%), Vitamin B1: 0.12mg (8.14%), Calcium: 80.19mg (8.02%), Vitamin A: 392.16IU (7.84%), Iron: 1.16mg (6.44%), Folate: 24.36µg (6.09%), Phosphorus: 58.7mg (5.87%), Vitamin B3: 0.86mg (4.3%), Potassium: 145.79mg (4.17%), Vitamin B5: 0.38mg (3.83%), Vitamin D: 0.51µg (3.38%), Magnesium: 13.15mg (3.29%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.16µg (2.71%), Vitamin B6: 0.05mg (2.7%), Copper: 0.05mg (2.58%), Vitamin E: 0.36mg (2.39%), Fiber: 0.36g (1.44%), Vitamin K: 1.26µg (1.2%)