



Mississippi Egg Custard Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- 4 eggs
- 0.5 cup flour all-purpose
- 2 cups milk
- 2 teaspoons vanilla extract
- 1.8 cups sugar white

Equipment

- oven
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat together the sugar, flour, eggs, vanilla and milk and pour the mixture into a 9 inch pie pan.
- Place pie in a dish filled with hot water (water should reach halfway up the sides of the pie pan).
- Bake in the preheated oven for 45 minutes.
- Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:35.94, Inflammation Score:-2, Nutrition Score:5.1482608603395%

Nutrients (% of daily need)

Calories: 267.82kcal (13.39%), Fat: 4.26g (6.56%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 52.46g (19.08%), Sugar: 46.83g (52.03%), Cholesterol: 89.16mg (29.72%), Sodium: 55.1mg (2.4%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Protein: 5.58g (11.16%), Selenium: 10.82µg (15.46%), Vitamin B2: 0.23mg (13.68%), Phosphorus: 113.67mg (11.37%), Calcium: 89.07mg (8.91%), Vitamin B12: 0.53µg (8.75%), Vitamin D: 1.11µg (7.41%), Vitamin B1: 0.1mg (6.96%), Folate: 24.64µg (6.16%), Vitamin B5: 0.6mg (5.99%), Vitamin A: 217.62IU (4.35%), Iron: 0.77mg (4.28%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.08mg (3.92%), Potassium: 132.57mg (3.79%), Manganese: 0.07mg (3.3%), Magnesium: 11.8mg (2.95%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.27mg (1.77%), Copper: 0.03mg (1.57%)