



## Old Fashioned Caramel Pie

READY IN



265 min.

SERVINGS



8

CALORIES



1209 kcal

DESSERT

### Ingredients

- ☐ 4 egg yolks beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 9 inch pie shell
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar white

### Equipment

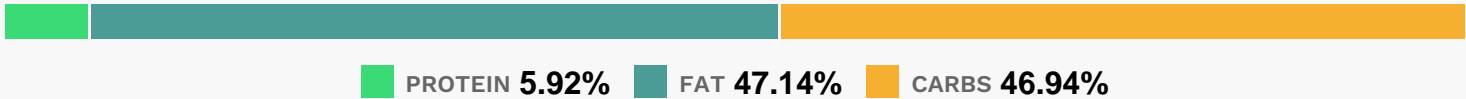
- ☐ frying pan

☐ sauce pan

## Directions

- ☐ In a medium saucepan, mix together 1 cup sugar, flour, salt, milk, and egg yolks, stirring until smooth. Cook over medium heat until thick and bubbly, stirring constantly.
- ☐ Remove from heat and set aside.
- ☐ Sprinkle remaining 1 cup sugar in a 10 inch cast iron skillet. Cook over medium heat, stirring constantly until sugar is caramelized.
- ☐ Remove from heat and carefully pour into warm cream mixture. Stir until smooth.
- ☐ Pour mixture into pastry. Chill completely and serve with whipped cream

## Nutrition Facts



## Properties

Glycemic Index:22.89, Glycemic Load:21.41, Inflammation Score:-5, Nutrition Score:19.320869777514%

## Nutrients (% of daily need)

Calories: 1209.04kcal (60.45%), Fat: 63.13g (97.12%), Saturated Fat: 20.36g (127.25%), Carbohydrates: 141.44g (47.15%), Net Carbohydrates: 135.68g (49.34%), Sugar: 27.95g (31.05%), Cholesterol: 104.52mg (34.84%), Sodium: 984.44mg (42.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.66%), Manganese: 1.04mg (51.93%), Vitamin B1: 0.71mg (47.31%), Folate: 180.17µg (45.04%), Iron: 6.35mg (35.28%), Vitamin B3: 6.45mg (32.24%), Vitamin B2: 0.54mg (32.04%), Selenium: 20.94µg (29.91%), Phosphorus: 264.33mg (26.43%), Fiber: 5.77g (23.06%), Vitamin K: 16.69µg (15.89%), Vitamin B5: 1.43mg (14.31%), Calcium: 130.44mg (13.04%), Magnesium: 42.67mg (10.67%), Zinc: 1.51mg (10.06%), Potassium: 325.64mg (9.3%), Copper: 0.19mg (9.28%), Vitamin B6: 0.18mg (9.18%), Vitamin E: 1.3mg (8.67%), Vitamin B12: 0.5µg (8.41%), Vitamin D: 1.16µg (7.71%), Vitamin A: 230.85IU (4.62%)