



Old Fashioned Cream Pie

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

1112 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup half-and-half cream
- ☐ 2 cups heavy whipping cream
- ☐ 9 inch pie shell
- ☐ 1 cup sugar white

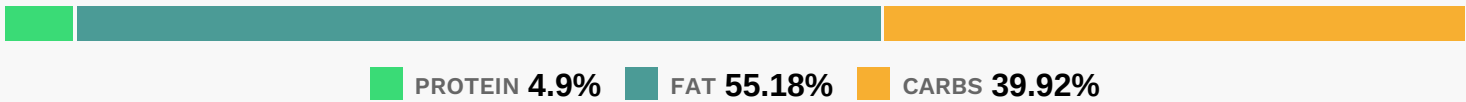
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place sugar, egg, half and half, flour, whipping cream, and butter or margarine in blender. Beat until thoroughly combined.
- ☐ Pour into pie shell and sprinkle with cinnamon.
- ☐ Bake in preheated oven for 60 to 70 minutes, until set in center.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:15.21, Inflammation Score:-7, Nutrition Score:15.196521591881%

Nutrients (% of daily need)

Calories: 1112.1kcal (55.6%), Fat: 68.28g (105.04%), Saturated Fat: 28.07g (175.41%), Carbohydrates: 111.14g (37.05%), Net Carbohydrates: 106.53g (38.74%), Sugar: 21.88g (24.31%), Cholesterol: 80.41mg (26.8%), Sodium: 780.94mg (33.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.27%), Manganese: 0.83mg (41.55%), Vitamin B1: 0.53mg (35.18%), Folate: 134.54µg (33.64%), Iron: 4.93mg (27.41%), Vitamin B2: 0.46mg (26.76%), Vitamin B3: 5.04mg (25.21%), Selenium: 14.34µg (20.49%), Fiber: 4.61g (18.46%), Phosphorus: 180.58mg (18.06%), Vitamin A: 838.38IU (16.77%), Vitamin K: 15.07µg (14.35%), Vitamin B5: 0.97mg (9.66%), Vitamin E: 1.41mg (9.41%), Calcium: 83.24mg (8.32%), Magnesium: 32.68mg (8.17%), Copper: 0.15mg (7.47%), Potassium: 245.77mg (7.02%), Zinc: 1.05mg (7%), Vitamin B6: 0.12mg (6.07%), Vitamin D: 0.85µg (5.66%), Vitamin B12: 0.14µg (2.38%)