

Olivia's Buttermilk Pie



Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

287 kcal

DESSERT

Ingredients

- ☐ 0.5 cup biscuit mix recommended: Bisquick
- ☐ 5.3 tablespoons butter melted
- ☐ 1 cup buttermilk
- ☐ 3 eggs
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract pure

Equipment

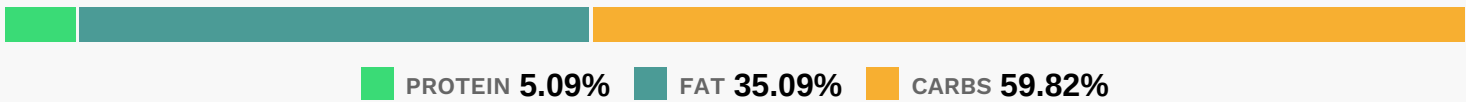
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 9-inch pie pan.
- ☐ Put all ingredients in a bowl and blend for 1 minute with a handheld electric mixer.
- ☐ Pour mixture into prepared pan.
- ☐ Bake for about 50 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:26.64, Inflammation Score:-2, Nutrition Score:3.8917391416009%

Nutrients (% of daily need)

Calories: 287.03kcal (14.35%), Fat: 11.41g (17.55%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 43.59g (15.85%), Sugar: 39.89g (44.33%), Cholesterol: 84.9mg (28.3%), Sodium: 211.06mg (9.18%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 3.72g (7.44%), Phosphorus: 104.32mg (10.43%), Selenium: 7.06µg (10.08%), Vitamin B2: 0.17mg (10.03%), Vitamin A: 372.14IU (7.44%), Calcium: 59.83mg (5.98%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.72µg (4.8%), Folate: 18.91µg (4.73%), Vitamin B5: 0.44mg (4.44%), Vitamin B1: 0.06mg (4.29%), Iron: 0.53mg (2.93%), Vitamin E: 0.42mg (2.8%), Zinc: 0.38mg (2.56%), Potassium: 79.22mg (2.26%), Vitamin B6: 0.05mg (2.25%), Vitamin B3: 0.39mg (1.93%), Magnesium: 7.1mg (1.78%), Copper: 0.03mg (1.7%), Manganese: 0.03mg (1.7%), Vitamin K: 1.28µg (1.22%)