



Orange Chess Pie

READY IN



45 min.

SERVINGS



8

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup milk
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt

- ☐ 1.5 cups sugar
- ☐ 1 slices garnishes: whipped cream sweetened
- ☐ 1 tablespoon cornmeal yellow

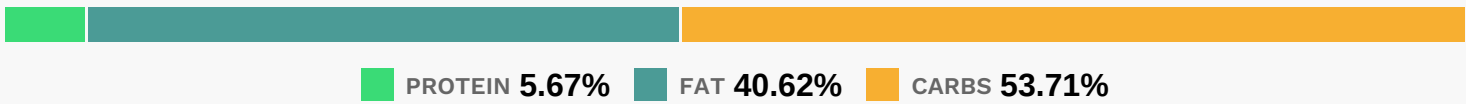
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Unfold piecrusts; stack piecrusts on a lightly floured surface.
- ☐ Roll into one 12-inch circle. Fit piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp.
- ☐ Bake piecrust at 450 for 8 minutes; cool on a wire rack.
- ☐ Whisk together sugar and next 9 ingredients until blended.
- ☐ Pour into piecrust.
- ☐ Bake at 350 for 40 to 45 minutes or until center is set, shielding edges of crust with aluminum foil after 20 minutes to prevent excessive browning. Cool on a wire rack.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:27.93, Inflammation Score:-4, Nutrition Score:7.3191304621489%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg,

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 492.71kcal (24.64%), Fat: 22.45g (34.53%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 66.77g (22.26%), Net Carbohydrates: 65.21g (23.71%), Sugar: 38.83g (43.15%), Cholesterol: 94.01mg (31.34%), Sodium: 395.96mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Selenium: 11.49µg (16.41%), Vitamin B2: 0.23mg (13.8%), Folate: 54.8µg (13.7%), Manganese: 0.26mg (13%), Vitamin B1: 0.18mg (12.18%), Iron: 1.95mg (10.81%), Phosphorus: 103.05mg (10.31%), Vitamin A: 425.36IU (8.51%), Vitamin B3: 1.6mg (7.99%), Vitamin C: 6.59mg (7.98%), Vitamin B5: 0.67mg (6.69%), Fiber: 1.55g (6.2%), Vitamin E: 0.74mg (4.97%), Vitamin B12: 0.27µg (4.52%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.65mg (4.33%), Vitamin D: 0.58µg (3.9%), Calcium: 38.42mg (3.84%), Vitamin K: 4µg (3.81%), Magnesium: 15.02mg (3.75%), Potassium: 130.11mg (3.72%), Copper: 0.07mg (3.52%)