

Peach Custard Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



942 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 2 cups milk
- ☐ 4 peaches – fresh pitted sliced
- ☐ 9 inch pie shell
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

Equipment

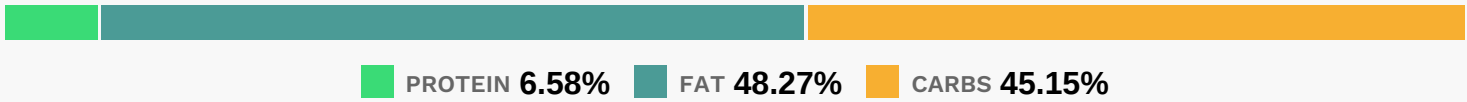
- ☐ oven

- ☐ mixing bowl
- ☐ toothpicks
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a large mixing bowl, beat eggs and sugar together. Stir in milk and vanilla.
- ☐ Arrange peach slices in bottom of pastry-lined pie pan.
- ☐ Pour custard mixture over peaches.
- ☐ Bake in preheated oven for 10 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake an additional 45 minutes, until custard is set and toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:9.92, Inflammation Score:-6, Nutrition Score:16.717826200568%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 941.9kcal (47.1%), Fat: 50.36g (77.47%), Saturated Fat: 16.16g (100.98%), Carbohydrates: 105.99g (35.33%), Net Carbohydrates: 100.59g (36.58%), Sugar: 17.48g (19.42%), Cholesterol: 71.33mg (23.78%), Sodium: 787.67mg (34.25%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Protein: 15.45g (30.9%), Manganese: 0.84mg (42.02%), Vitamin B1: 0.54mg (36.25%), Folate: 137.87µg (34.47%), Iron: 5.2mg (28.87%), Vitamin B2: 0.47mg (27.92%), Vitamin B3: 5.41mg (27.05%), Selenium: 17.91µg (25.59%), Phosphorus: 226.96mg (22.7%), Fiber: 5.4g (21.6%), Vitamin K: 15.14µg (14.42%), Vitamin B5: 1.27mg (12.73%), Calcium: 106.62mg (10.66%), Magnesium: 39.82mg (9.95%), Potassium: 346.08mg (9.89%), Vitamin E: 1.48mg (9.83%), Copper: 0.2mg (9.8%), Zinc: 1.38mg

(9.18%), Vitamin B6: 0.16mg (8.24%), Vitamin A: 371.5IU (7.43%), Vitamin B12: 0.42µg (7%), Vitamin D: 0.89µg (5.93%), Vitamin C: 2.46mg (2.98%)