



Pear Pie III

READY IN



75 min.

SERVINGS



8

CALORIES



321 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 2 eggs beaten
- 0.3 cup flour all-purpose
- 2 pears cored peeled cut in half
- 19-inch unbaked pie crust ()
- 1 tablespoon vanilla extract
- 1 cup sugar white

Equipment

bowl

oven

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Press the pie pastry into the bottom and up the sides of a 9 inch pie plate. Flute the edges.

Place the pear halves cut side down in the pie crust with the small ends toward the center.

In a medium bowl, mix the butter and sugar together until smooth, then beat in the eggs one at a time until light and fluffy. Stir in flour and vanilla.

Pour over the top of the pears.

Bake for 1 hour in the preheated oven, until pears are soft and custard is set in the center. Cool completely before slicing and serving.

Nutrition Facts



PROTEIN 4.38% **FAT 37.49%** **CARBS 58.13%**

Properties

Glycemic Index:28.98, Glycemic Load:21.59, Inflammation Score:-2, Nutrition Score:4.4165216995322%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 321.36kcal (16.07%), Fat: 13.5g (20.77%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 44.98g (16.36%), Sugar: 29.55g (32.83%), Cholesterol: 56.17mg (18.72%), Sodium: 164.4mg (7.15%), Alcohol: 0.56g (100%), Alcohol %: 0.6% (100%), Protein: 3.55g (7.1%), Selenium: 6.39µg (9.13%), Fiber: 2.11g (8.44%), Manganese: 0.17mg (8.32%), Folate: 33.15µg (8.29%), Vitamin B2: 0.13mg (7.78%), Vitamin B1: 0.11mg (7.31%), Iron: 1.12mg (6.22%), Phosphorus: 51.14mg (5.11%), Vitamin B3: 1mg (4.98%), Vitamin A: 248.05IU (4.96%), Vitamin K: 4.32µg (4.12%), Copper: 0.07mg (3.59%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.45mg (3.01%),

Potassium: 99.84mg (2.85%), Magnesium: 9.38mg (2.35%), Vitamin C: 1.91mg (2.32%), Vitamin B6: 0.05mg (2.32%),
Zinc: 0.34mg (2.25%), Vitamin B12: 0.11µg (1.83%), Calcium: 17.63mg (1.76%), Vitamin D: 0.22µg (1.47%)