



Pennsylvania Dutch Corn Pie

READY IN



70 min.

SERVINGS



8

CALORIES



407 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 15 ounce regular corn cream-style canned
- ☐ 3 hard-cooked eggs chopped
- ☐ 0.5 cup milk
- ☐ 1 large potatoes peeled chopped
- ☐ 15 ounce double crust ready-to-use pie crust
- ☐ 8 servings salt and pepper to taste
- ☐ 15 ounce kernel corn whole drained canned

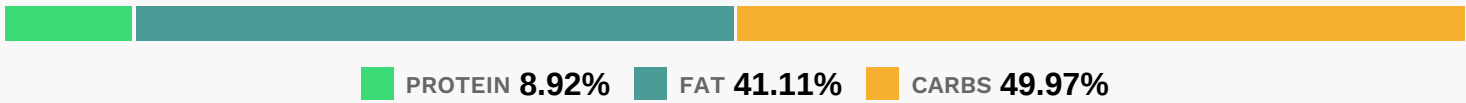
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C).
- ☐ In a saucepan over medium heat, stir together the potato, whole kernel corn, creamed corn, hard cooked eggs, salt, pepper and milk. Simmer for about 15 minutes.
- ☐ Press one of the pie crusts in to the bottom and up the sides of a 9 inch pie plate. I like to use clear glass so I can check the bottom crust for doneness.
- ☐ Pour the hot filling into the crust. Dot with pieces of butter. Cover with the top crust, and flute the edges to seal.
- ☐ Cut a few slits in the top crust to vent steam.
- ☐ Place on a cookie sheet that has been lined with aluminum foil for easy clean up.
- ☐ Bake for 30 minutes in the preheated oven, then reduce the temperature to 350 degrees F (175 degrees C).
- ☐ Bake for an additional 10 minutes, or until the crust is browned.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:6.17, Inflammation Score:-4, Nutrition Score:10.245652198792%

Flavonoids

Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 406.8kcal (20.34%), Fat: 18.78g (28.89%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 48.39g (17.59%), Sugar: 3.02g (3.36%), Cholesterol: 75.53mg (25.18%), Sodium: 679.64mg

(29.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Folate: 91.16µg (22.79%), Manganese: 0.38mg (18.87%), Phosphorus: 161.54mg (16.15%), Vitamin B2: 0.26mg (15.24%), Vitamin B1: 0.22mg (14.99%), Vitamin C: 12.17mg (14.75%), Vitamin B3: 2.88mg (14.38%), Selenium: 9.46µg (13.52%), Iron: 2.29mg (12.7%), Potassium: 425.6mg (12.16%), Fiber: 2.98g (11.93%), Vitamin B6: 0.23mg (11.41%), Magnesium: 37.21mg (9.3%), Vitamin B5: 0.77mg (7.68%), Zinc: 1.07mg (7.1%), Copper: 0.14mg (6.83%), Vitamin B12: 0.29µg (4.89%), Vitamin K: 4.98µg (4.74%), Calcium: 46.96mg (4.7%), Vitamin A: 206.73IU (4.13%), Vitamin D: 0.58µg (3.87%), Vitamin E: 0.53mg (3.52%)