



Phyllo-Custard Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



395 kcal

DESSERT

Ingredients

- 2 cinnamon sticks
- 2 large eggs
- 1 teaspoon orange zest grated
- 10 sheets dough fresh frozen thawed
- 0.5 cup semolina flour
- 1.8 cups sugar
- 11 tablespoons butter unsalted melted ()
- 2 teaspoons vanilla extract

- 0.7 cups water
- 3 cups milk whole

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- kitchen scissors
- pie form

Directions

- Stir 1 1/4 cups sugar and 2/3 cup water in heavy medium saucepan over medium heat until sugar dissolves.
- Add cinnamon sticks and 1/2 teaspoon orange peel and simmer 2 minutes. Set syrup aside to cool.
- Preheat oven to 350°F.
- Mix semolina and 1/2 cup sugar in heavy medium saucepan.
- Whisk in milk and 4 tablespoons melted butter; bring to boil, whisking occasionally. Boil until mixture is thick and creamy, whisking constantly, about 3 minutes.
- Remove from heat.
- Whisk eggs and 1/2 teaspoon orange peel in medium bowl to blend. Gradually whisk in semolina mixture.
- Mix in vanilla. Cool filling completely.
- Lightly butter 10-inch glass pie dish.
- Place 1 phyllo sheet in bottom of dish.
- Brush with melted butter. Top with second sheet. Continue layering with 3 more sheets, brushing each with butter. Spoon filling into dish. Top with 5 more phyllo sheets, brushing each with butter. Using scissors, trim excess phyllo from sides of dish. With very sharp knife,

score tip of phyllo sheets, forming diamond pattern.

- Bake pie until phyllo is golden brown and filling is set, about 45 minutes.
- Transfer pie to rack. Immediately strain 1 cup cooled syrup over pastry. Cool completely.
- Cut into wedges and serve.

Nutrition Facts



PROTEIN 6.24% **FAT 38.56%** **CARBS 55.2%**

Properties

Glycemic Index:20.51, Glycemic Load:32.53, Inflammation Score:-4, Nutrition Score:7.7617390881414%

Nutrients (% of daily need)

Calories: 394.67kcal (19.73%), Fat: 17.13g (26.36%), Saturated Fat: 9.88g (61.75%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 54.11g (19.67%), Sugar: 38.65g (42.94%), Cholesterol: 79.09mg (26.36%), Sodium: 136.85mg (5.95%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 6.24g (12.47%), Selenium: 16.79µg (23.98%), Vitamin B2: 0.27mg (16.03%), Vitamin B1: 0.22mg (14.48%), Manganese: 0.27mg (13.71%), Phosphorus: 123.64mg (12.36%), Vitamin A: 560.34IU (11.21%), Calcium: 111.1mg (11.11%), Folate: 37.36µg (9.34%), Vitamin B12: 0.51µg (8.51%), Vitamin D: 1.24µg (8.24%), Vitamin B3: 1.38mg (6.91%), Iron: 1.23mg (6.85%), Vitamin B5: 0.55mg (5.53%), Potassium: 162.3mg (4.64%), Magnesium: 17.81mg (4.45%), Fiber: 1.08g (4.33%), Zinc: 0.64mg (4.29%), Vitamin B6: 0.08mg (3.91%), Vitamin E: 0.55mg (3.68%), Copper: 0.05mg (2.68%), Vitamin K: 2.02µg (1.92%)