

Praline Cream Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup half-and-half

- ☐ 0.5 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vanilla wafers (20 cookies)
- ☐ 1.8 cups milk whole

Equipment

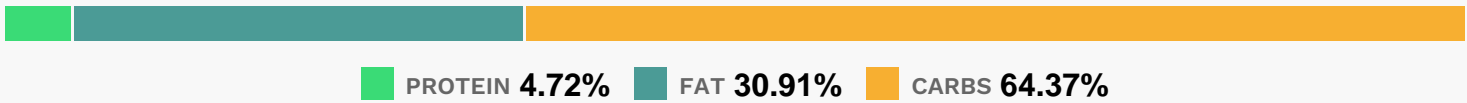
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, place cookies in a food processor; process until finely ground.
- ☐ Add 2 tablespoons brown sugar and 1 tablespoon butter; pulse 2 to 3 times or just until combined. Press crumb mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 10 minutes; cool completely on a wire rack.
- ☐ To prepare praline, combine 1/4 cup brown sugar, half-and-half, and 2 tablespoons butter in a small saucepan. Bring to a boil over medium-high heat, stirring occasionally. Cook 3 minutes without stirring.
- ☐ Remove from heat; add powdered sugar, stirring with a whisk. Spoon praline mixture into prepared crust; chill 30 minutes or until completely cool.
- ☐ To prepare filling, combine granulated sugar, cornstarch, salt, and egg in a medium bowl; stir well with a whisk.

- ☐
- Heat milk over medium–high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly with a whisk.
- ☐
- Place mixture in pan; bring mixture to a boil, stirring constantly. Cook 1 minute, stirring constantly.
- ☐
- Remove from heat. Spoon custard into a bowl; place bowl in a large ice–filled bowl for 15 minutes or until custard comes to room temperature, stirring occasionally.
- ☐
- Remove bowl from ice. Stir in vanilla; spoon mixture evenly over chilled praline layer. Cover and chill 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:17.27, Inflammation Score:-2, Nutrition Score:3.4573913041664%

Nutrients (% of daily need)

Calories: 282.82kcal (14.14%), Fat: 9.86g (15.18%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 45.99g (16.72%), Sugar: 36.67g (40.75%), Cholesterol: 43.73mg (14.58%), Sodium: 198.9mg (8.65%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 3.39g (6.78%), Vitamin B2: 0.15mg (9.08%), Calcium: 87.05mg (8.71%), Phosphorus: 81.43mg (8.14%), Vitamin B1: 0.09mg (6.18%), Vitamin B12: 0.37µg (6.12%), Vitamin A: 278.19IU (5.56%), Selenium: 3.58µg (5.11%), Vitamin D: 0.71µg (4.75%), Folate: 15.52µg (3.88%), Potassium: 125.52mg (3.59%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.05mg (2.56%), Zinc: 0.34mg (2.28%), Magnesium: 9.06mg (2.26%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.23mg (1.55%), Iron: 0.21mg (1.19%)