



Quebecois Maple Cream Pie

READY IN



140 min.

SERVINGS



8

CALORIES



1376 kcal

DESSERT

Ingredients

- 1 eggs
- 4 egg yolk
- 2.3 cups cup heavy whipping cream
- 0.8 cup maple syrup dark (amber)
- 9 inch pie crust dough
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon vinegar white

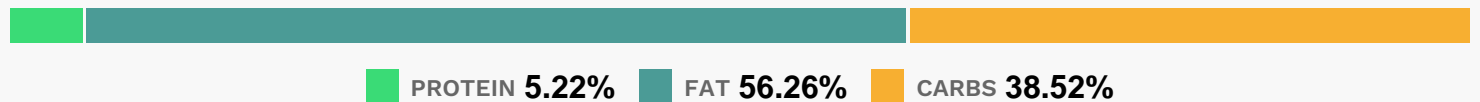
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Place the pie crust in its plate in a large, shallow baking pan lined with foil in case of a boil-over.
- Bring maple syrup to a boil in a heavy saucepan over medium heat, and cook for 5 to 7 minutes, to reduce syrup down by about one-quarter. Stir in cream, bring the mixture to a simmer, then remove from heat.
- Whisk egg yolks and egg together in a large bowl. Very gradually add the cream mixture to the eggs, about 1/4 cup at a time, whisking constantly. Stir in salt, vanilla extract, and vinegar.
- Pour the batter into the prepared pie crust.
- Bake until the pie is mostly set but jiggles slightly when moved, about 1 hour.
- Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:7.42, Inflammation Score:-7, Nutrition Score:22.780434888342%

Nutrients (% of daily need)

Calories: 1375.74kcal (68.79%), Fat: 85.73g (131.89%), Saturated Fat: 34.79g (217.41%), Carbohydrates: 132.06g (44.02%), Net Carbohydrates: 126.44g (45.98%), Sugar: 20.18g (22.42%), Cholesterol: 193.3mg (64.43%), Sodium:

1243.91mg (54.08%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 17.89g (35.77%), Manganese: 1.7mg (84.91%), Vitamin B2: 0.96mg (56.76%), Vitamin B1: 0.67mg (44.68%), Folate: 175.9µg (43.98%), Iron: 6.3mg (34.97%), Selenium: 21.57µg (30.81%), Vitamin B3: 6.15mg (30.75%), Phosphorus: 246.87mg (24.69%), Vitamin A: 1145.71IU (22.91%), Fiber: 5.63g (22.5%), Vitamin K: 18.65µg (17.76%), Vitamin B5: 1.44mg (14.36%), Calcium: 134.8mg (13.48%), Vitamin E: 1.94mg (12.94%), Magnesium: 45.96mg (11.49%), Vitamin D: 1.67µg (11.11%), Zinc: 1.66mg (11.09%), Potassium: 367.98mg (10.51%), Copper: 0.19mg (9.38%), Vitamin B6: 0.18mg (8.85%), Vitamin B12: 0.33µg (5.53%)