



## Raisin Amber Pie

READY IN



90 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

### Ingredients

- 1 tablespoon butter melted
- 1 cup buttermilk
- 2 egg whites
- 4 egg yolks
- 1 tablespoon flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 cup raisins
- 1 teaspoon salt

1 9-inch unbaked pie crust ( )

1 cup sugar white

## Equipment

bowl

oven

mixing bowl

## Directions

Preheat oven to 375 degrees F (190 degrees C.)

In a large bowl, beat egg yolks and sugar until creamy. Blend in flour, cinnamon, allspice and salt. Beat in buttermilk and melted butter. Stir in raisins.

Pour filling into pie shell.

Bake in the preheated oven for 30 to 40 minutes, or until filling is set.

In a large glass or metal mixing bowl, beat egg whites until stiff peaks form.

Spread meringue over pie, covering completely.

Bake or 8 to 10 minutes, until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:38.11, Glycemic Load:26.09, Inflammation Score:-2, Nutrition Score:6.1821739621784%

## Nutrients (% of daily need)

Calories: 332.86kcal (16.64%), Fat: 11.54g (17.75%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 54.22g (18.07%), Net Carbohydrates: 52.15g (18.96%), Sugar: 26.53g (29.47%), Cholesterol: 104.26mg (34.75%), Sodium: 458.02mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Selenium: 9.68µg (13.83%), Vitamin B2: 0.22mg (12.81%), Manganese: 0.22mg (11.25%), Phosphorus: 95.19mg (9.52%), Folate: 34.86µg (8.71%), Vitamin B1: 0.13mg (8.47%), Fiber: 2.07g (8.28%), Iron: 1.48mg (8.21%), Potassium: 241.99mg (6.91%), Calcium: 61.61mg (6.16%), Vitamin D: 0.88µg (5.84%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.51mg (5.14%), Vitamin B3: 0.98mg (4.9%), Copper: 0.1mg (4.76%), Vitamin B6: 0.09mg (4.53%), Vitamin A: 225.35IU (4.51%), Magnesium: 14.2mg (3.55%),

Zinc: 0.49mg (3.25%), Vitamin E: 0.42mg (2.77%), Vitamin K: 2.18µg (2.08%), Vitamin C: 1.09mg (1.32%)