



Rancher's Buttermilk Pie

READY IN



15 min.

SERVINGS



8

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.7 cup buttermilk
- ☐ 2 tablespoons cornmeal
- ☐ 5 large eggs lightly beaten
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 cup pineapple crushed drained
- ☐ 15 ounce piecrusts refrigerated
- ☐ 2 cups sugar

- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 1 teaspoon vanilla extract

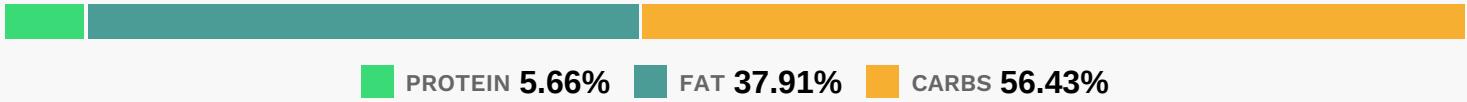
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Fit piecrust into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- ☐ Combine sugar and cornmeal in a large bowl. Stir in eggs and buttermilk until combined. Stir in pineapple and next 5 ingredients.
- ☐ Pour filling into piecrust.
- ☐ Bake at 350 for 45 minutes or until pie is set and top is lightly brown.
- ☐ Serve warm, at room temperature, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:36.3, Inflammation Score:-3, Nutrition Score:8.5517391640207%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 588.02kcal (29.4%), Fat: 25.06g (38.55%), Saturated Fat: 10.77g (67.32%), Carbohydrates: 83.95g (27.98%), Net Carbohydrates: 81.62g (29.68%), Sugar: 55.21g (61.35%), Cholesterol: 133.7mg (44.57%), Sodium: 344.37mg (14.97%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 8.41g (16.83%), Selenium: 14.8µg (21.15%), Vitamin B2: 0.29mg (16.87%), Manganese: 0.31mg (15.74%), Folate: 55.17µg (13.79%), Phosphorus: 131.01mg (13.1%), Vitamin B1: 0.19mg (12.83%), Iron: 2.16mg (12.02%), Fiber: 2.34g (9.36%), Vitamin B3: 1.63mg (8.13%), Vitamin B5: 0.8mg (8.04%), Vitamin A: 387.27IU (7.75%), Vitamin B12: 0.38µg (6.37%), Vitamin D: 0.88µg (5.9%), Vitamin B6:

0.12mg (5.81%), Zinc: 0.86mg (5.75%), Calcium: 56.7mg (5.67%), Copper: 0.11mg (5.47%), Magnesium: 21.68mg (5.42%), Vitamin E: 0.77mg (5.11%), Potassium: 172.78mg (4.94%), Vitamin K: 4.64µg (4.42%), Vitamin C: 2.52mg (3.05%)