



## Restaurant Style Egg Custard Pie

READY IN



40 min.

SERVINGS



8

CALORIES



270 kcal

DESSERT

### Ingredients

- 3 tablespoons butter
- 4 eggs
- 19-inch pie crust refrigerated ()
- 1 pinch salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white
- 2 cups milk whole

### Equipment

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

## Directions

- Preheat oven to 425 degrees F (220 degrees C.)
- In a large bowl, combine eggs, sugar, salt and vanilla.
- Mix just enough to incorporate all the ingredients. Set aside. In a medium saucepan over medium-high heat, combine milk and butter. Use a wire whisk and stir constantly until the milk begins to rise in the saucepan at a rapid boil – 5 to 8 minutes. NEVER stop stirring, or the milk will burn.
- Pour the hot mixture into the egg mixture, stirring as you pour.
- Line a 9 inch pan with dough.
- Pour custard mixture into crust. Protect the edges of crust with a ring of aluminum foil.
- Bake in the preheated oven for 20 minutes.
- Remove foil and bake for 8 to 10 minutes. Filling will appear slightly jiggly. Allow to cool.

## Nutrition Facts

**PROTEIN 9.42%** **FAT 49.55%** **CARBS 41.03%**

## Properties

Glycemic Index:19.76, Glycemic Load:9.81, Inflammation Score:-3, Nutrition Score:5.8899999753289%

## Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 14.86g (22.86%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 27.05g (9.84%), Sugar: 15.56g (17.29%), Cholesterol: 100.45mg (33.48%), Sodium: 195.44mg (8.5%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 6.36g (12.72%), Vitamin B2: 0.23mg (13.64%), Selenium: 9.47µg (13.52%), Phosphorus: 124.46mg (12.45%), Calcium: 93.54mg (9.35%), Vitamin B12: 0.53µg (8.9%), Vitamin B1: 0.11mg (7.47%), Vitamin D: 1.11µg (7.41%), Folate: 28µg (7%), Vitamin A: 349.07IU (6.98%), Vitamin B5:

0.67mg (6.72%), Manganese: 0.12mg (6.04%), Iron: 1.04mg (5.79%), Vitamin B6: 0.09mg (4.37%), Zinc: 0.65mg (4.35%), Potassium: 148.36mg (4.24%), Vitamin B3: 0.76mg (3.8%), Magnesium: 13.88mg (3.47%), Vitamin E: 0.5mg (3.32%), Fiber: 0.63g (2.5%), Vitamin K: 2.44µg (2.33%), Copper: 0.04mg (1.82%)