



Shoo-Fly Pie

READY IN



30 min.

SERVINGS



8

CALORIES



469 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 tablespoons ice water plus more if needed
- ☐ 1 pinch salt

- ☐ 1 tablespoon sugar
- ☐ 1 cup pennsylvania dutch table syrup
- ☐ 0.5 cup butter unsalted cold cut into small chunks (1 stick)
- ☐ 2 tablespoons butter unsalted
- ☐ 0.8 cup water hot
- ☐ 8 servings whipped cream for serving

Equipment

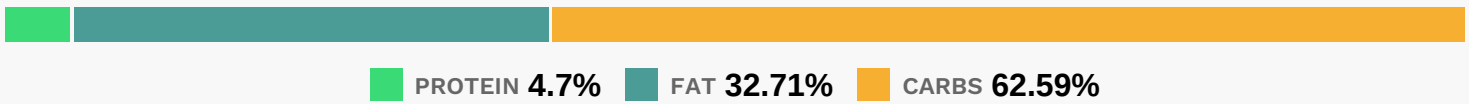
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ To make the pastry: combine the flour, sugar, and salt in a large mixing bowl.
- ☐ Add the butter and mix with a pastry blender or your hands until the mixture resembles coarse crumbs.
- ☐ Pour in the ice water and work it in to bind the dough until it holds together without being too wet or sticky. Squeeze a small amount together, if it is crumbly, add more ice water, 1 tablespoon at a time. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes.
- ☐ Sprinkle the counter and a rolling pin lightly with flour.
- ☐ Roll the dough out into a 10-inch circle; to check the size, put the 9-inch pie pan upside down over the dough. Carefully roll the dough up onto the pin (this may take a little practice) and lay it inside the pie pan. Press the dough firmly into the bottom and sides so it fits tightly. Trim the excess dough around the rim.
- ☐ Place the pie pan on a sturdy cookie sheet so it can prevent spills from burning in the bottom of the oven.

- ☐ Preheat the oven to 350 degrees F.
- ☐ To make the filling: In medium-size mixing bowl, combine the molasses and water; stir in baking soda, eggs, and spices.
- ☐ To make the crumb topping: With a pastry blender, mix together the flour, brown sugar, and butter, until it is the texture of coarse crumbs. Take 1/2 cup of the crumb mixture and put it in the bottom of the pie shell, pour in the molasses filling, and scatter the remaining crumbs on top.
- ☐ Bake for 30 minutes, until the filling jiggles slightly and the top is firm.
- ☐ Let cool to room temperature before cutting.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.51, Glycemic Load:34.72, Inflammation Score:-7, Nutrition Score:13.498695773032%

Nutrients (% of daily need)

Calories: 469.23kcal (23.46%), Fat: 17.28g (26.58%), Saturated Fat: 10.37g (64.84%), Carbohydrates: 74.41g (24.8%), Net Carbohydrates: 73.29g (26.65%), Sugar: 46.94g (52.16%), Cholesterol: 89.09mg (29.7%), Sodium: 183.64mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Manganese: 1.02mg (50.81%), Selenium: 23.71µg (33.87%), Magnesium: 114.16mg (28.54%), Iron: 3.98mg (22.1%), Vitamin B1: 0.3mg (20.11%), Potassium: 703.63mg (20.1%), Folate: 71.11µg (17.78%), Vitamin B6: 0.33mg (16.42%), Vitamin B2: 0.24mg (14.25%), Copper: 0.28mg (14.01%), Vitamin B3: 2.51mg (12.54%), Calcium: 124.44mg (12.44%), Vitamin A: 551.55IU (11.03%), Phosphorus: 86.2mg (8.62%), Vitamin B5: 0.74mg (7.42%), Fiber: 1.12g (4.5%), Vitamin E: 0.62mg (4.12%), Zinc: 0.58mg (3.88%), Vitamin D: 0.54µg (3.6%), Vitamin B12: 0.16µg (2.65%), Vitamin K: 1.75µg (1.67%)