



Shoofly Pie

READY IN



173 min.

SERVINGS



10

CALORIES



375 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup blackstrap molasses
- ☐ 14.1 ounce pie dough refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted cut into pieces
- ☐ 1 teaspoon vanilla extract

☐ 0.8 cup water boiling

Equipment

☐ food processor

☐ bowl

☐ oven

☐ knife

☐ whisk

☐ wire rack

☐ measuring cup

Directions

☐ Preheat oven to 35

☐ Fit dough into a 9-inch pie plate. Fold edges under; flute.

☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.

☐ Place flour and next 3 ingredients (through salt) in a food processor; process until a sandy texture.

☐ Remove and set aside 1/2 cup flour mixture from food processor, reserving remaining mixture in food processor bowl.

☐ Combine egg and vanilla in a medium bowl, stirring with a whisk. Gradually add molasses, stirring with a whisk. Stir baking soda into 3/4 cup boiling water.

☐ Add baking soda mixture to molasses mixture, whisking until blended. Stir in flour mixture from food processor bowl, stirring with a whisk until smooth.

☐ Pour mixture into prepared crust.

☐ Sprinkle with reserved 1/2 cup flour mixture.

☐ Bake at 350 for 37 minutes or until slightly puffed and surface begins to crack. Cool completely on a wire rack.

☐ Serve at room temperature.

Nutrition Facts



 PROTEIN **4.34%**  FAT **29.08%**  CARBS **66.58%**

Properties

Glycemic Index:11.9, Glycemic Load:16.25, Inflammation Score:-5, Nutrition Score:9.4530436033788%

Nutrients (% of daily need)

Calories: 374.67kcal (18.73%), Fat: 12.16g (18.7%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 62.64g (20.88%), Net Carbohydrates: 61.39g (22.32%), Sugar: 35.94g (39.93%), Cholesterol: 21.61mg (7.2%), Sodium: 327.62mg (14.24%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 4.09g (8.17%), Manganese: 0.77mg (38.29%), Magnesium: 91.46mg (22.86%), Selenium: 13.14µg (18.77%), Iron: 3.23mg (17.95%), Potassium: 563.29mg (16.09%), Vitamin B1: 0.2mg (13.3%), Vitamin B6: 0.26mg (13.15%), Folate: 47.64µg (11.91%), Copper: 0.22mg (10.99%), Vitamin B3: 1.96mg (9.82%), Calcium: 90.96mg (9.1%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 60.05mg (6.01%), Vitamin B5: 0.57mg (5.67%), Fiber: 1.25g (5.01%), Vitamin K: 3.06µg (2.91%), Zinc: 0.41mg (2.76%), Vitamin E: 0.27mg (1.83%), Vitamin A: 62.39IU (1.25%)