



Shoofly Pie

 Vegetarian

READY IN



210 min.

SERVINGS



10

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.8 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons granulated sugar
- ☐ 1 cup blackstrap molasses

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted softened
- ☐ 12 tablespoons butter unsalted cold cut into 1/2-inch pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Make the crust: Pulse the flour, sugar and salt in a food processor.
- ☐ Add about one-third of the butter and pulse until the mixture looks like cornmeal.
- ☐ Add the remaining butter and pulse 3 times, or until the mixture looks like coarse meal with pea-size bits of butter.
- ☐ Drizzle in 3 tablespoons ice water and the vinegar and pulse 3 or 4 times, just until combined (do not let the dough come together into a ball). Pinch the dough between your fingers; if it doesn't hold together, add up to 2 more tablespoons ice water, 1/2 tablespoon at a time, pulsing. Turn out onto a sheet of plastic wrap and pat the dough into a disk; wrap tightly and refrigerate until firm, at least 1 hour and up to 1 day.
- ☐ Roll out the dough into an 11-inch round on a lightly floured surface. Ease into a 9-inch pie plate. Fold the overhanging dough under itself and crimp the edges with your fingers. Refrigerate the crust 1 hour.
- ☐ Whisk the flour, brown sugar and butter in a large heatproof bowl; set aside 2/3 cup of the mixture for topping.
- ☐ Whisk the egg, molasses and baking soda into the remaining brown sugar mixture, then whisk in 3/4 cup boiling water until smooth.
- ☐ Pour the filling into the chilled crust.

- ☐
- Sprinkle the reserved brown sugar mixture on top. Carefully transfer the pie plate to the hot baking sheet and bake 10 minutes. Reduce the oven temperature to 350 degrees F and continue baking until the crust is golden and the filling is firm, 40 to 45 more minutes.
- ☐
- Transfer to a rack to cool; serve warm or at room temperature.
- ☐
- Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:30.41, Glycemic Load:31.73, Inflammation Score:-6, Nutrition Score:11.073043486346%

Nutrients (% of daily need)

Calories: 442.63kcal (22.13%), Fat: 16.75g (25.77%), Saturated Fat: 10.28g (64.27%), Carbohydrates: 70.04g (23.35%), Net Carbohydrates: 69.11g (25.13%), Sugar: 43.7g (48.56%), Cholesterol: 60.74mg (20.25%), Sodium: 252.81mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Manganese: 0.77mg (38.25%), Selenium: 19.6µg (28%), Magnesium: 91.63mg (22.91%), Vitamin B1: 0.29mg (19.11%), Iron: 3.4mg (18.88%), Folate: 66.01µg (16.5%), Potassium: 562.97mg (16.08%), Vitamin B6: 0.26mg (12.84%), Vitamin B3: 2.37mg (11.87%), Vitamin B2: 0.2mg (11.79%), Copper: 0.23mg (11.42%), Vitamin A: 516.8IU (10.34%), Calcium: 95.59mg (9.56%), Phosphorus: 62.9mg (6.29%), Vitamin B5: 0.54mg (5.42%), Fiber: 0.93g (3.71%), Vitamin E: 0.53mg (3.52%), Zinc: 0.43mg (2.84%), Vitamin D: 0.39µg (2.63%), Vitamin K: 1.49µg (1.42%), Vitamin B12: 0.08µg (1.3%)