

## Shoofly Pie III

READY IN



60 min.

SERVINGS



6

CALORIES



309 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.7 cup brown sugar packed
- 5 tablespoons butter
- 1 tablespoon t brown sugar dark
- 1 cup flour all-purpose
- 5 tablespoons blackstrap molasses
- 18-inch pie crust dough prepared
- 0.3 teaspoon salt
- 0.7 cup water hot

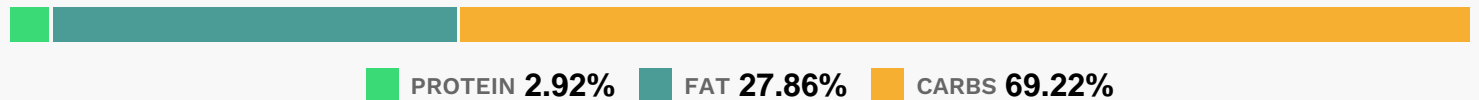
## Equipment

- bowl
- oven
- wire rack

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together flour, 2/3 cup brown sugar, and salt.
- Cut in butter or margarine until mixture resembles rice. Reserve 3 tablespoons of mixture for sprinkling top of pie.
- In a separate bowl, mix together hot water, molasses, dark brown sugar, and baking soda. Stir molasses mixture into remaining crumb mixture.
- Pour into pastry shell.
- Sprinkle with reserved crumb mixture.
- Bake in preheated oven for 35 to 40 minutes, until top springs back when pressed. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:28.17, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:6.0682609120141%

## Nutrients (% of daily need)

Calories: 309.07kcal (15.45%), Fat: 9.73g (14.96%), Saturated Fat: 6.05g (37.78%), Carbohydrates: 54.38g (18.13%), Net Carbohydrates: 53.81g (19.57%), Sugar: 38.16g (42.4%), Cholesterol: 25.08mg (8.36%), Sodium: 279.1mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Manganese: 0.41mg (20.75%), Selenium: 10.47µg (14.96%), Magnesium: 47.82mg (11.96%), Vitamin B1: 0.17mg (11.43%), Iron: 1.95mg (10.83%), Folate: 38.86µg (9.71%), Potassium: 303.78mg (8.68%), Vitamin B3: 1.42mg (7.12%), Vitamin B6: 0.13mg (6.61%), Copper: 0.13mg (6.4%), Vitamin B2: 0.11mg (6.32%), Calcium: 62.92mg (6.29%), Vitamin A: 291.55IU (5.83%), Phosphorus: 31.64mg (3.16%), Vitamin B5: 0.27mg (2.74%), Fiber: 0.57g (2.27%), Vitamin E: 0.28mg (1.89%), Zinc: 0.22mg (1.44%)