



Shoofly Pie V

READY IN



60 min.

SERVINGS



8

CALORIES



518 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar
- 0.8 cup butter
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup blackstrap molasses
- 1 pinch salt
- 19-inch pie crust dough ()
- 1 cup water boiling

Equipment

bowl

oven

Directions

Preheat oven to 375 degrees F (190 degrees C).

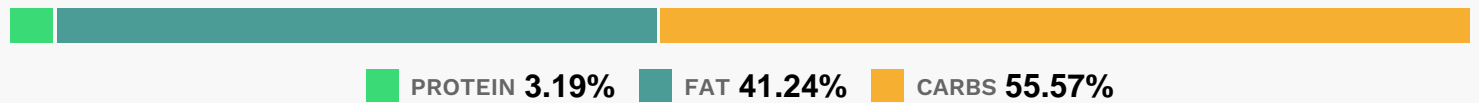
In a medium bowl, dissolve the soda in the molasses and stir until it foams. Sir in the boiling water and pinch of salt. In a separate bowl, mix the flour, cinnamon, brown sugar and butter into crumbs.

Pour 1/3 of the molasses mixture into the unbaked crust.

Sprinkle 1/3 of the crumbs over the molasses mixture and continue alternating layers, finishing with the crumbs on top.

Bake in preheated oven for 30 minutes, or until the crumbs and crust are golden.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:19.87, Inflammation Score:-6, Nutrition Score:9.1621739090947%

Nutrients (% of daily need)

Calories: 518.04kcal (25.9%), Fat: 24.03g (36.97%), Saturated Fat: 13.02g (81.37%), Carbohydrates: 72.86g (24.29%), Net Carbohydrates: 71.54g (26.01%), Sugar: 42.49g (47.21%), Cholesterol: 45.75mg (15.25%), Sodium: 398.19mg (17.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Manganese: 0.63mg (31.6%), Selenium: 13.67µg (19.52%), Vitamin B1: 0.26mg (17.5%), Iron: 2.94mg (16.34%), Magnesium: 63.15mg (15.79%), Folate: 61.31µg (15.33%), Vitamin B3: 2.3mg (11.48%), Potassium: 399.06mg (11.4%), Vitamin A: 532.44IU (10.65%), Vitamin B2: 0.17mg (9.76%), Vitamin B6: 0.18mg (8.8%), Copper: 0.17mg (8.66%), Calcium: 81.52mg (8.15%), Phosphorus: 56.13mg (5.61%), Fiber: 1.32g (5.3%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.63mg (4.17%), Vitamin K: 3.42µg (3.26%), Zinc: 0.37mg (2.47%)