Simple Citrus Pie

Vegetarian

READY IN	SERVINGS	CALORIES
435 min.	8	235 kcal

DESSERT

Ingredients

- [ ] 4 eggs
- [ ] 1 pastry for a 9 inch double crust pie
- [ ] 1 teaspoon ground nutmeg
- [ ] 1 large optional: lemon
- [ ] 1 large lime
- [ ] 1 tablespoon milk
- [ ] 2 large oranges
- [ ] 2 teaspoons sugar white

Equipment

- [ ] bowl
- [ ] oven
- [ ] knife
- [ ] pie form

Directions

- [ ] Wash the oranges, lemon, and lime thoroughly and slice as thinly as possible.
- [ ] Combine the sliced fruit, 2 cups of the sugar and the nutmeg in a large bowl. Toss to combine.
- [ ] Let stand for at least 2 hours or up to overnight, stirring occasionally.
- [ ] Preheat an oven to 450 degrees F (230 degrees C).
- [ ] Beat eggs in a small bowl. Line a 9 inch pie pan with one half of the prepared pastry.
- [ ] Remove the sliced fruit from the bowl and arrange in the crust, leaving any accumulated juices behind.
- [ ] Pour the beaten eggs over fruit.
- [ ] Place the top crust on the pie, crimp the edges, and poke decorative holes to vent.
- [ ] Brush crust with milk and sprinkle with the remaining 2 teaspoons of sugar.
- [ ] Bake in the preheated oven for 10 minutes. Reduce the oven heat to 350 degrees F and bake pie until a knife inserted in the center comes out clean, about 35 additional minutes.
- [ ] Allow pie to cool and refrigerate.
- [ ] Serve cold.

Nutrition Facts

PROTEIN **9.53%** FAT **52.58%** CARBS **37.89%**

Properties

Glycemic Index:41.76, Glycemic Load:10.53, Inflammation Score:-4, Nutrition Score:8.187826063322%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 19.9mg, Hesperetin: 19.9mg, Hesperetin: 19.9mg, Hesperetin: 19.9mg Naringenin: 7.41mg, Naringenin: 7.41mg, Naringenin: 7.41mg, Naringenin: 7.41mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 234.54kcal (11.73%), Fat: 14.03g (21.58%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 20.51g (7.46%), Sugar: 6.25g (6.94%), Cholesterol: 82.07mg (27.35%), Sodium: 108.7mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Vitamin C: 34.07mg (41.3%), Selenium: 14.53µg (20.75%), Folate: 50.37µg (12.59%), Vitamin B2: 0.21mg (12.52%), Vitamin B1: 0.18mg (12.04%), Manganese: 0.18mg (8.96%), Fiber: 2.23g (8.91%), Iron: 1.35mg (7.52%), Phosphorus: 74.47mg (7.45%), Vitamin B3: 1.46mg (7.29%), Vitamin B5: 0.5mg (5.03%), Vitamin K: 5.05µg (4.81%), Potassium: 163.18mg (4.66%), Vitamin A: 233.06IU (4.66%), Vitamin B6: 0.09mg (4.37%), Calcium: 42.83mg (4.28%), Copper: 0.08mg (4.23%), Magnesium: 14.4mg (3.6%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.21µg (3.43%), Zinc: 0.51mg (3.39%), Vitamin D: 0.46µg (3.07%)