

Sour Cream Lemon Pie

READY IN



660 min.

SERVINGS



8

CALORIES



378 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 3 egg yolks
- 0.5 cup flour all-purpose
- 0.3 cup juice of lemon
- 1.5 teaspoons lemon zest
- 2 cups milk
- 19-inch pie crust ()
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

1 cup sugar white

Equipment

sauce pan

Directions

In a saucepan, combine sugar, flour, and salt. Gradually stir in milk. Cook and stir on medium heat until thickened and bubbly. Reduce heat, and cook and stir 2 more minutes.

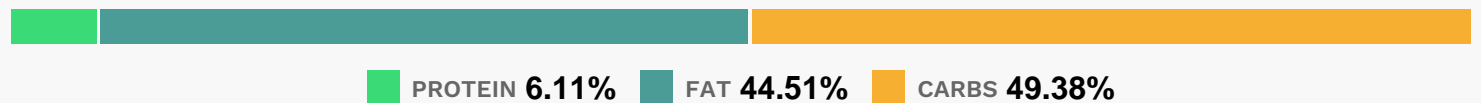
Remove from heat.

Beat yolks slightly. Gradually stir 1 cup of mix into yolks. Return yolk mixture to saucepan, and bring to gentle boil. Cook and stir 2 more minutes.

Remove from heat, and stir in butter, peel, and juice. Fold in sour cream.

Pour filling into baked pie shell, and cool. Top with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:22.85, Inflammation Score:-4, Nutrition Score:6.967826148738%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 378.45kcal (18.92%), Fat: 18.98g (29.19%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 46.47g (16.9%), Sugar: 28.65g (31.83%), Cholesterol: 103.95mg (34.65%), Sodium: 324.59mg (14.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Selenium: 9.78µg (13.97%), Vitamin B2: 0.23mg (13.75%), Phosphorus: 127.65mg (12.77%), Vitamin B1: 0.18mg (12.09%), Folate: 44.3µg (11.08%), Calcium: 107.18mg (10.72%), Vitamin A: 463.88IU (9.28%), Manganese: 0.17mg (8.69%), Vitamin B12: 0.5µg (8.39%), Vitamin D: 1.04µg (6.9%), Iron: 1.23mg (6.84%), Vitamin B5: 0.63mg (6.32%), Vitamin B3: 1.23mg (6.13%), Potassium: 160.12mg (4.57%), Vitamin B6: 0.09mg (4.35%), Vitamin C: 3.56mg (4.32%), Zinc: 0.63mg (4.23%), Magnesium: 15.22mg (3.81%), Vitamin E: 0.56mg (3.71%), Fiber: 0.9g (3.59%), Vitamin K: 2.79µg (2.66%), Copper: 0.04mg (2.09%)