

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

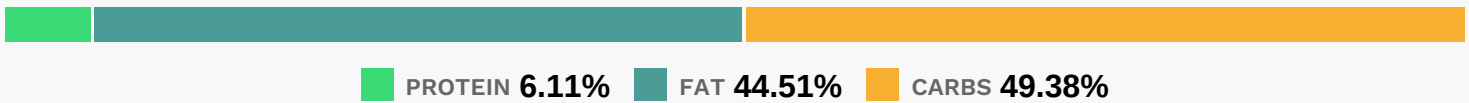
Equipment

☐ 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, 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%)