



Sour Cream Raisin Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



222 kcal

DESSERT

Ingredients

- 1 eggs
- 4 egg yolks
- 1 tablespoon flour all-purpose
- 1 cup golden raisins
- 0.5 cup real maple syrup
- 0.3 teaspoon nutmeg freshly ground
- 2 cups cup heavy whipping cream sour
- 1.5 teaspoons vanilla extract

2 tablespoons sugar white

Equipment

bowl

frying pan

oven

knife

Directions

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

Roll out the pastry for the shell, and fit into a 10 inch pan.

Sprinkle the raisins over the bottom of the crust.

Combine the egg yolks, egg, sour cream, syrup, sugar, nutmeg, vanilla, and flour in a bowl.

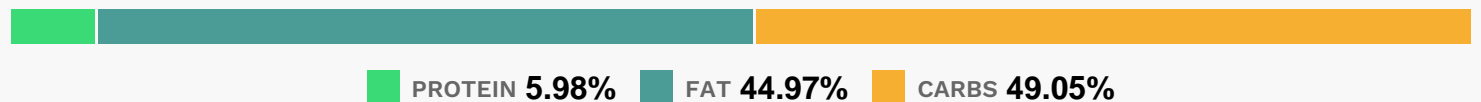
Mix just until blended, not too much.

Pour filling into the shell.

Sprinkle a little more nutmeg on top.

Bake 30 to 35 minutes, or until a knife inserted in the center comes out clean. Cool, and then chill the pie.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:12.26, Inflammation Score:-2, Nutrition Score:5.806521654129%

Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 221.78kcal (11.09%), Fat: 11.35g (17.46%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 27.25g (9.91%), Sugar: 22.34g (24.82%), Cholesterol: 121.27mg (40.42%), Sodium: 27.25mg

(1.18%), Alcohol: 0.21g (100%), Alcohol %: 0.28% (100%), Protein: 3.39g (6.79%), Vitamin B2: 0.37mg (21.9%), Manganese: 0.43mg (21.66%), Selenium: 7.46µg (10.65%), Phosphorus: 89.38mg (8.94%), Calcium: 83.74mg (8.37%), Vitamin A: 414.21IU (8.28%), Potassium: 217.73mg (6.22%), Vitamin B6: 0.1mg (4.95%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.28µg (4.6%), Folate: 17.19µg (4.3%), Zinc: 0.54mg (3.6%), Copper: 0.07mg (3.59%), Magnesium: 14.27mg (3.57%), Iron: 0.62mg (3.45%), Vitamin D: 0.48µg (3.18%), Vitamin E: 0.42mg (2.83%), Vitamin B1: 0.04mg (2.77%), Fiber: 0.61g (2.44%), Vitamin B3: 0.27mg (1.37%), Vitamin K: 1.26µg (1.2%), Vitamin C: 0.88mg (1.07%)