



Sour Cream Raisin Pie IV

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

DESSERT

Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon cornstarch
- 3 egg whites
- 3 egg yolk beaten
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 cup cream light

- 8 inch puff pastry shells cooled prepared
- 1.5 cups raisins
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 6 tablespoons granulated sugar white

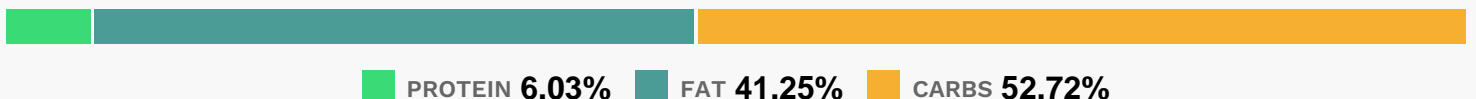
Equipment

- bowl
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine cream or milk with vinegar and set aside 5 minutes.
- Place raisins in a medium saucepan.
- Pour in enough water to cover, and simmer over low heat for 10 minutes, until plump.
- Remove from heat, stir in salt, and set aside.
- In a large saucepan, mix together flour, cornstarch, sugar, cinnamon, and nutmeg.
- Add egg yolks and blend thoroughly.
- Mix in cream and vinegar mixture and stir until mixture is smooth. Cook over medium heat, stirring constantly, until mixture boils and thickens.
- Remove from heat. Stir in vanilla extract and raisins, then set aside to cool.
- In a medium glass or metal bowl, beat egg whites until foamy. Gradually add 6 tablespoons sugar, continuing to beat until whites are stiff and glossy.
- Pour cooled raisin mixture into pastry shell. Top with an even layer of meringue.
- Bake in preheated oven for 12 to 15 minutes, until meringue is golden brown.

Nutrition Facts



Properties

Glycemic Index:62.48, Glycemic Load:25.91, Inflammation Score:-2, Nutrition Score:6.5995652209158%

Nutrients (% of daily need)

Calories: 343.17kcal (17.16%), Fat: 16.34g (25.13%), Saturated Fat: 9g (56.26%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 44.27g (16.1%), Sugar: 12.35g (13.73%), Cholesterol: 141.41mg (47.14%), Sodium: 158.76mg (6.9%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 5.37g (10.74%), Vitamin B2: 0.25mg (14.95%), Selenium: 10.24µg (14.63%), Potassium: 381.11mg (10.89%), Fiber: 2.72g (10.87%), Vitamin A: 533.99IU (10.68%), Phosphorus: 94.44mg (9.44%), Manganese: 0.18mg (9.03%), Iron: 1.45mg (8.05%), Copper: 0.13mg (6.73%), Vitamin B1: 0.1mg (6.69%), Folate: 23.77µg (5.94%), Vitamin B6: 0.11mg (5.7%), Calcium: 53.44mg (5.34%), Vitamin D: 0.73µg (4.83%), Vitamin B12: 0.27µg (4.48%), Magnesium: 17.51mg (4.38%), Vitamin B5: 0.43mg (4.29%), Vitamin E: 0.61mg (4.04%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.42mg (2.82%), Vitamin C: 2.21mg (2.68%), Vitamin K: 1.74µg (1.66%)