



## Sour Cream Raisin Pie VI

READY IN



60 min.

SERVINGS



8

CALORIES



440 kcal

DESSERT

### Ingredients

- 3 eggs
- 0.5 cup pecans chopped
- 1 cup raisins
- 1 cup heavy whipping cream sour
- 19-inch unbaked pie crust ()
- 1.5 cups sugar white

### Equipment

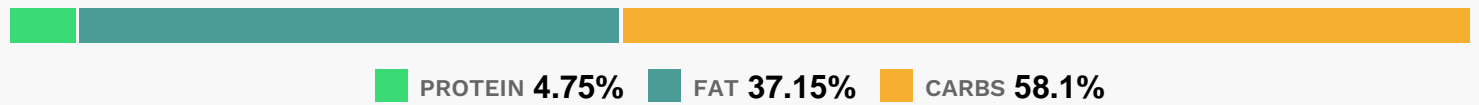
- bowl

oven

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a medium bowl, beat together eggs and sugar until smooth and lemon-colored.
- Add sour cream, raisins, and pecans. Stir well and pour mixture into pastry shell.
- Bake in preheated oven for 10 minutes, then reduce heat to 350 degrees F (175 degrees C) and bake an additional 45 minutes. Cool before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.36, Glycemic Load:33.85, Inflammation Score:-2, Nutrition Score:6.9743478557338%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 439.87kcal (21.99%), Fat: 18.79g (28.9%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 63.61g (23.13%), Sugar: 38.74g (43.04%), Cholesterol: 78.34mg (26.11%), Sodium: 140.04mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Manganese: 0.47mg (23.74%), Vitamin B2: 0.22mg (12.66%), Selenium: 8.15µg (11.64%), Phosphorus: 104.98mg (10.5%), Fiber: 2.51g (10.05%), Vitamin B1: 0.15mg (9.76%), Iron: 1.62mg (9%), Copper: 0.17mg (8.75%), Potassium: 261.17mg (7.46%), Folate: 29.02µg (7.26%), Magnesium: 22.29mg (5.57%), Vitamin A: 272.28IU (5.45%), Calcium: 53.25mg (5.32%), Vitamin B5: 0.52mg (5.18%), Zinc: 0.77mg (5.1%), Vitamin B6: 0.1mg (5.04%), Vitamin B3: 1mg (4.98%), Vitamin B12: 0.21µg (3.45%), Vitamin E: 0.49mg (3.29%), Vitamin K: 2.54µg (2.42%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.31mg (1.59%)