



Strawberry Brown Sugar Sour Cream Pie

READY IN



90 min.

SERVINGS



8

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter melted
- ☐ 1 eggs lightly beaten
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 3 cups strawberries sliced
- ☐ 1 9-inch unbaked pie crust
- ☐ 0.8 cup sugar white
- ☐ 0.3 cup flour whole wheat

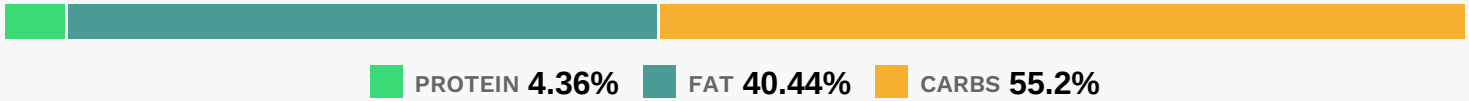
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C).
- ☐ Combine the egg, 3/4 cup brown sugar, white sugar, sour cream, and 1/4 cup wheat flour in a bowl.
- ☐ Place the strawberry slices in the pie crust, and spoon the sour cream mixture over the berries.
- ☐ In another bowl, stir together 1/3 cup brown sugar and 1/3 cup flour.
- ☐ Pour in the melted butter, and stir until mixture resembles course meal.
- ☐ Sprinkle this mixture over sour cream mixture and berries in the pie shell.
- ☐ Place pie on lowest rack in preheated oven.
- ☐ Bake for 15 minutes, then reduce oven temperature to 350 degrees F (175 degrees C).
- ☐ Bake for 45 minutes longer.
- ☐ Remove from the oven, and let it cool completely (yes, overnight works best).

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:14.32, Inflammation Score:-4, Nutrition Score:7.6443478853806%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg

Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 343.75kcal (17.19%), Fat: 15.83g (24.35%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 46.37g (16.86%), Sugar: 31.02g (34.47%), Cholesterol: 44.47mg (14.82%), Sodium: 153.9mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin C: 31.95mg (38.72%), Manganese: 0.53mg (26.64%), Selenium: 7.49µg (10.7%), Folate: 36.79µg (9.2%), Fiber: 2.24g (8.96%), Phosphorus: 77.71mg (7.77%), Vitamin B2: 0.13mg (7.61%), Vitamin B1: 0.11mg (7.57%), Iron: 1.24mg (6.88%), Vitamin A: 302.41IU (6.05%), Vitamin B3: 1.17mg (5.84%), Magnesium: 21.37mg (5.34%), Potassium: 173.39mg (4.95%), Calcium: 49mg (4.9%), Vitamin B6: 0.08mg (4.02%), Copper: 0.08mg (3.93%), Vitamin E: 0.57mg (3.79%), Vitamin B5: 0.37mg (3.74%), Vitamin K: 3.82µg (3.63%), Zinc: 0.47mg (3.13%), Vitamin B12: 0.1µg (1.72%)