

Sugar Cream Pie II

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



222 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1 tablespoon butter diced
- 2 cups evaporated milk
- 7 tablespoons flour all-purpose
- 0.3 teaspoon ground nutmeg
- 0.5 cup sugar white

Equipment

- oven

blender

Directions

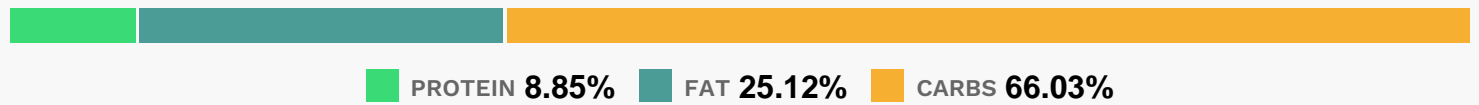
Mix the sugars, flour, and milk.

Pour into crust. (Grandma always mixed the ingredients directly in the unbaked pie crust, but I have better luck mixing it with a mixer and transferring it to the crust.)

Dot with butter and sprinkle with nutmeg to look pretty.

Bake 300 – 325 degrees F (150 – 165 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:12.36, Inflammation Score:-2, Nutrition Score:4.3908695461957%

Nutrients (% of daily need)

Calories: 222.19kcal (11.11%), Fat: 6.31g (9.71%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 37.11g (13.5%), Sugar: 32.17g (35.75%), Cholesterol: 22.03mg (7.34%), Sodium: 82.15mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Calcium: 177.49mg (17.75%), Vitamin B2: 0.23mg (13.79%), Phosphorus: 136.08mg (13.61%), Potassium: 217.09mg (6.2%), Selenium: 3.93µg (5.62%), Vitamin B1: 0.08mg (5.43%), Vitamin B5: 0.45mg (4.51%), Magnesium: 17.95mg (4.49%), Folate: 17.29µg (4.32%), Vitamin A: 194.37IU (3.89%), Zinc: 0.54mg (3.6%), Manganese: 0.06mg (2.98%), Iron: 0.53mg (2.95%), Vitamin B3: 0.53mg (2.63%), Vitamin B6: 0.04mg (2.01%), Vitamin B12: 0.1µg (1.73%), Vitamin C: 1.2mg (1.45%), Copper: 0.03mg (1.38%)